



Dreams and Guided Imagery: Gifts for Transforming Illness and Crisis (Paperback)

By Tallulah Lyons, Tallulah Lyons M Ed

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.From the Cancer Project of the International Association for the Study of Dreams (IASD) come Dream Appreciation and Guided Imagery approaches that can help anyone move into the fullness of living, no matter the circumstances. This important work is a vital aspect of an integrative approach to medicine which includes looking at all levels of our being and experience. In Dreams and Guided Imagery, Tallulah Lyons provides a path for readers to mine the rich fields of dream work in order to actively engage their unconscious inner resources. I highly recommend this book to anyone seeking a tool to interact with dreams and guided imagery as a part of a life practice centered on embracing health and wholeness. Matthew P. Mumber, M.D., Harbin Clinic Radiation Oncology Center, editor, Integrative Oncology: Principles and Practice. I know from my many years of research on dreams and from my clinical experience, that dreams are the most connective and creative parts of our minds. Dreams sometimes pick up hints about physical illness, and also emotional problems of which we are not aware in our waking...



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An exceptional book as well as the font used was exciting to read. It is actually rally intriguing through reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).
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