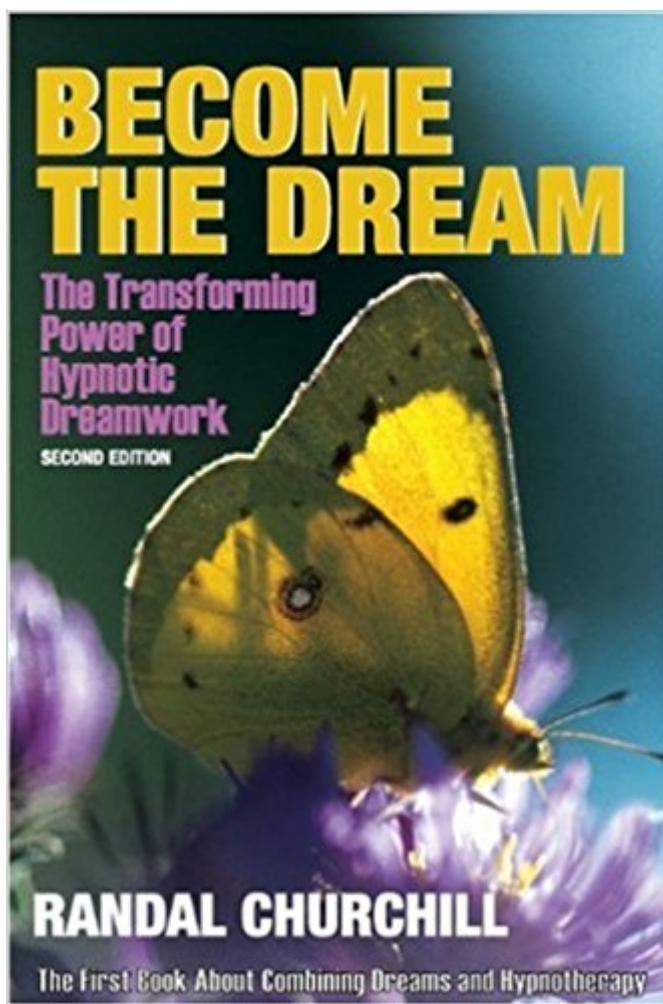


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# Become The Dream: Transforming Power Of Hypnotic Dreamwork, Second Edition



## Synopsis

In this revised and updated edition, the author introduces a revolutionary combination of therapies that brings Gestalt dreamwork together with hypnosis. Gestalt dreamwork brings the dreamer into a deeper experience of the dream itself and allows the individual to find the unique relationship of the dream to his or her own existential experience. The addition of a wealth of hypnotic techniques take the dreamer much further, with a variety of effective options such as hypnotic deepening, ideomotor methods, regression and positive suggestions for further integration. Actual transcripts include a wide range of fascinating dreamwork sessions. This is a powerful and practical teaching tool for hypnotherapists, psychotherapists, counselors, Gestalt therapists and dreamworkers.

## Book Information

Hardcover: 312 pages

Publisher: Transfroming Press; 2 edition (May 3, 2010)

Language: English

ISBN-10: 0965621839

ISBN-13: 978-0965621830

Product Dimensions: 6.1 x 1 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

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