



# Understanding Dreams: A Concise Guide to Dream Symbols (The Running Press Gem)

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Just the thing to keep by your bedside, at home, or on the road, the pocket-sized *Understanding Dreams* indexes more than 800 common symbols in dreams and their possible meanings. If you dream of a house on fire, for instance, it could mean you are angry; dreaming about kites might signify that you will achieve a lifelong ambition. Introductory sections on dream lore and the unconscious mind explain how and why we dream, while a sample dream diary provides a tool for unlocking the powerful language of our deepest hopes and fears.

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