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# YOU CAN UNDERSTAND YOUR DREAMS: CHANGE YOUR THINKING, CHANGE YOUR LIFE



Watkins Media. Paperback. Book Condition: new. BRAND NEW, You Can Understand Your Dreams: Change Your Thinking, Change Your Life, David Fontana, You Can Understand Your Dreams is a practical guide to using our dreams to bring greater fulfilment into our waking lives. Drawing upon traditional Jungian analysis and techniques developed for his dream workshops, the late Professor David Fontana presents a series of nearly 30 exercises designed to improve the quality of dreams by making them more vivid and revealing,...

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- Authored by David Fontana
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