



# What Your Dreams Can Teach You

*Alex Lukeman PhD*

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## **What Your Dreams Can Teach You** Alex Lukeman PhD

What Your Dreams Can Teach You is a complete, do-it-yourself manual for understanding and correctly interpreting your dreams. As much as any book can, this will guide you through the process. Not a dream dictionary, it provides worksheets and usable tools for understanding dreams. Forward (from the First Edition) by W. Brugh Joy, M.D.

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