



# The Element Encyclopedia of 20,000 Dreams: The Ultimate A–Z to Interpret the Secrets of Your Dreams

*By Theresa Cheung*

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## **The Element Encyclopedia of 20,000 Dreams: The Ultimate A–Z to Interpret the Secrets of Your Dreams** By Theresa Cheung

Unlock the secrets of your dreamlife with the latest in the hugely popular series of ‘Element Encyclopedias’. This is the most comprehensive A–Z reference book on dream interpretation you'll ever find.

Have you ever wondered what your dreams are trying to tell you?

Sixth in the series of ‘Element Encyclopedias’, this is the definitive guide to dream interpretation. Packed with fascinating information, The Element Encyclopedia of 20,000 Dreams is an extensive collection of the symbols that appear in your dreams and how to interpret what they mean for you.

Dreams are universal and every culture throughout history has tried to unlock the secrets of the unconscious mind through the interpretation of dreams. Understanding the unique meanings of dream symbols can help in the way you experience your waking everyday lives and even foretell the future.

Divided into easy-to-follow A–Z themed sections, from Animals, Conflict and Foreign Countries, to Monsters, Sex and Weather, this book holds compelling definitions of thousands of dream symbols that can also be found in the quick-reference Dream Directory at the back of the book.

Find out about the variety of dream types – such as cathartic, lucid and precognitive dreams – plus dreams in history and folklore. Discover different traditions of dream interpretation and dream theorists – for example, analytical psychologist Carl Jung thought that cats in dreams represent the secretive side of a person's nature, and they can also denote a desire for sex or a warning of hidden dangers.

Whatever your dream symbol or experience, you'll find an amazing treasure trove of interpretations here in The Element Encyclopedia of 20,000 Dreams.

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### **Editorial Review**

#### **About the Author**

Theresa Cheung was born into a family of psychics and astrologers. Since receiving a masters from King's College, Cambridge, she has been involved in the study of the psychic world and dream interpretation. Theresa has contributed to magazines such as Red, She, and Fate & Fortune and is the author of over 25 books including 'Amazing You: Dreams' (Hodder).

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