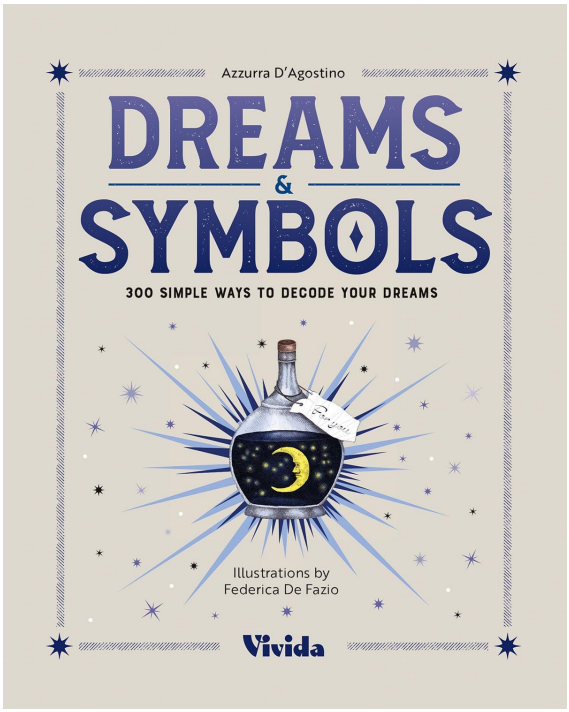
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Dreams & Symbols

300 Simple Ways to Decode Your Dreams

Azzura D'Agostino

Illustrated by Federica De Fazio

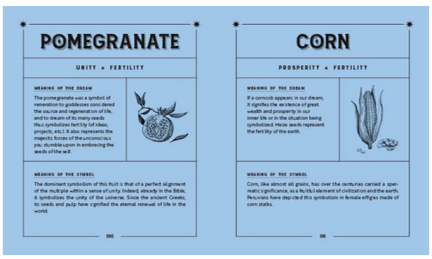
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- This book offers an easy to use, practical, and book for understanding your own dreams (and your own mind)!
- 300 symbols common to the human experience of dreaming, shown to carry shared symbolic representation throughout culture and time
- Part of a growing trend for auto-psychoanalysis and inward interpretation

Every night our mind, re-elaborating the day's experiences, drags us into the mysterious and elusive places of dreams. And although each of us generates and inhabits our own unique dreamlike universe, there appear to be consistent elements that repeat themselves from dream to dream, from person to person. This illustrated book reviews 300 of those recurring symbols, divided into 10 categories. Each page offers an easy-to-grasp presentation of one symbol, coming from multiple times and cultures. Also inside the book, is a suggestion for how to consult it (following a classic alphabetical order, conceptual maps, and mental associations), apply it, and relish the richness of the insights from within your own mind.

Azzurra D'Agostino is an author, anthropologist, and palmistry enthusiast. She is an award-winning poet and playwright, as well a children's book author. D'Agostino also has published an oracle deck with *Vivida* called *Destiny Oracle.* **Federica De Fazio** is an illustrator and expert engraver working with numerous Italian and international publishing houses.







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