



# Discover the Messages in Your Dreams with the Ullman Method

*Janet S Wahl*

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## **Discover the Messages in Your Dreams with the Ullman Method Janet S Wahl**

Why did I have that dream? It's so weird and embarrassing! Montague Ullman, (1916-2008), a neuropsychiatrist and analyst, developed a multi-step group process to help dreamers uncover their personal dream messages. They can draw attention to a physical disorder, a career question, or a solution to a problem. In the Ullman Experiential Dream Group Process the group offers a smorgasbord of options to help the dreamer, the only person who can determine his dream's meanings. Learn how to decode the messages lurking in your dreams, the rich resources for improving your life physically, emotionally, and spiritually. "There is no such thing as an unimportant dream." Montague Ullman, MD

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