



# Teach Yourself to Dream: A Practical Guide to Unleashing the Power of the Subconscious Mind

*David Fontana*

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*Teach Yourself to Dream*, the practical companion to Chronicle Books' best-selling *Secret Language of Dreams*, is a beautifully illustrated, hands-on guide to remembering and understanding dreams. Dr. David Fontana, renowned for his dream workshops, presents more than fifty exercises that enable earnest dreamers to explore, intensify, and even guide their night wanderings. With more than 150 images that evoke the surreal quality of dream visions and a brief A to Z directory of dream symbols and their meanings, *Teach Yourself to Dream* is a unique new tool for anyone interested in utilizing the life-changing power of dreams.

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