



# Into Your Dreams: Decipher your unique dream symbology to transform your waking life

*Janece O. Hudson EdD*

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*Falling. Being chased. Showing up to an important event late--and naked.* Chances are you've had these dreams, but what are they trying to tell you?

In this one-of-a-kind dream guide, certified hypnotherapist and former psychology professor Dr. Janece O. Hudson helps you figure out what *your* unique dreams really mean for *you*. (Unlike typical dream dictionaries where one size fits all!)

Part comprehensive guide and part interactive workbook, this book helps you decode the secrets of your subconscious--and teaches you how to use these secrets to improve your life. So pull up your covers, tap into your unique symbology, and shine a spotlight on your dreams!

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