



# Usa i tuoi sogni: Corso pratico per interpretare e utilizzare i sogni (Italian Edition)

*Marco Bramucci*

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"Questo manuale si distingue dalla maggior parte degli altri libri sui sogni per il suo taglio specificamente pratico. In esso il lettore non troverà le teorie o la storia del sogno, ma indicazioni per interpretare e lavorare concretamente sui propri sogni. Lo scopo è quello di mettere in grado il lettore di capire il significato dei suoi sogni, in modo moderno, non superstizioso e soprattutto in autonomia, ovvero senza dover ricorrere alla consulenza di uno specialista. Di seguito alcuni degli argomenti trattati: \* ricordare i sogni e aumentarne il ricordo \* decifrare il significato di immagini e simboli onirici \* capire il significato dei temi onirici più frequenti (essere inseguiti, cadere, guidare senza freni, ecc.) \* far fronte agli incubi \* acquisire il controllo sui sogni per cambiarne lo svolgimento \* diventare sognatori lucidi \* incubare i sogni per aumentare la creatività e le capacità di problem solving."

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