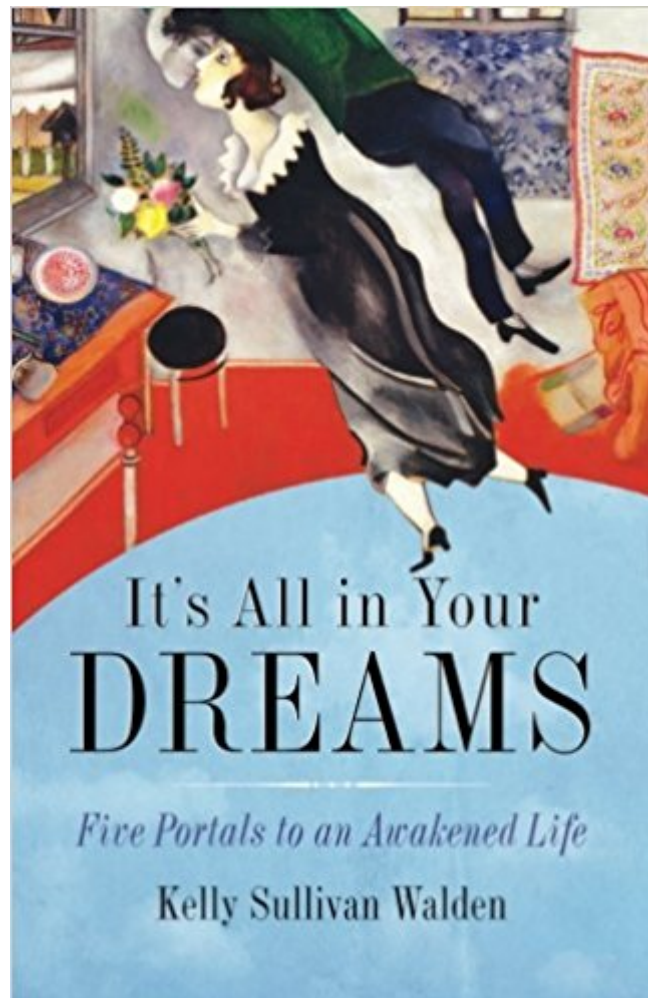




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# It's All In Your Dreams: Five Portals To An Awakened Life



## Synopsis

In the magical realm of dreams you can learn a topic of fascination, study at the feet of a master, converse with a departed loved one, find an answer to a perplexing question or, explore the larger story of your life. Popular dream analyst and media personality Kelly Sullivan Walden shows how to use your dreams to create the life you want in *It's All in Your Dreams*. Her 5-step process helps readers remember, connect, and use their dreams in their waking lives:

- D** for declaration. State what you want, clearly and precisely.
- R** for remembrance. Learn easy ways to remember exactly what you dream.
- E** for embodiment. Feel the energy in your body; bring the change into your life.
- A** for activation. Do something. Take an action to bring your dream into the waking world.
- M** for mastermind. Tell the tale of your dream and discover the details. Learn to create a dream mastermind group, share and transfer, and group dream.

Walden is a lover of life and languages and considers dreams to be the most important language in which to become fluent. Perhaps the dream you have tonight will be your breakthrough to heal your body, solve your problems, lead you to your very own gold mine, or contribute your unique gift to the world.

## Book Information

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## Customer Reviews

"Hillary Huber narrates with tastefully moderated emotional intensity---exaggerating important points, using arresting pauses, and quieting her volume when she needs the listener's full attention. She's an excellent choice to read a helpful psychological guide like this." ---AudioFile --This text refers to an out of print or unavailable edition of this title.

Kelly Sullivan Walden is a certified clinical hypnotherapist and the author of the bestselling book, *I Had the Strangest Dream* and several other books. Known as "Dr. Dream," to millions of viewers, she is a popular television guest regularly featured on FOX, NBC, CBS, and ABC, and often quoted in publications such as *Cosmopolitan*, *Elle*, *Bride*, *Seventeen*, *Woman's World*, and *US Weekly*. Visit her website at [www.kellysullivanwalden.com](http://www.kellysullivanwalden.com).

and this book by Dr. Kelly Sullivan Walden goes beyond the traditional meanings of what you see in your dreams represent. What I mean by this is that everyone one has or see an item or scenario in a different way. This book helps you to understand, analyze your dreams and how remember your dream along with how to get back into your dream if you wake up from it in the middle of the night.

Dreams can be a lot of things. Scary. Weird. Funny. Perplexing. Bizarre. Thanks to Kelly Sullivan Walden's new book, *"It's All In Your Dreams"*, they no longer have to be indecipherable. In this informative and entertaining book, Kelly delves into the acronym D.R.E.A.M. to explain how to remember our dreams and how to use what we learn from our dreams to enrich our daily lives. With the help of this amazing book and Kelly's dream dictionary *"I Had The Strangest Dream"*, even someone who never gave too much thought to dreaming will be able to decipher their dreams and gain a new-found understanding for the mysteries that happen when we go to sleep.

This book has been a good book for the night stand. I have enjoyed reading it but not sure it's a book for everyone.

I really don't know how important this book is, as to me, dreams are very complicated and I don't think one idea fits all.

I didn't find it worth while reading. Years ago I tried writing down dreams when I first woke up and mine never did pertain to anything in real life that I could see.

Kelly's style is completely down to earth and accessible, written for modern people from a modern perspective. Her first best-seller *"I Had the Strangest Dream...: The Dreamer's Dictionary for the 21st Century"* was great, so when I heard this was being published, I was thrilled. And I wasn't disappointed. Many people who have trouble remembering their dreams will be delighted to find she not only gives a system to help you remember details, but how to gain insight and harness their

energy to live the life of passion you were meant for. Kelly cares about people and their transformation, it comes through every page of this helpful book.

Like many people, I have been fascinated for years about what is going on during the one-third of each 24-hour day that we are asleep. The author makes an outstanding case for using the information in our sleep time to enhance our awake time. This highly useful book reveals the mysteries around our nighttime sojourns from how to remember our dreams to using the information in dreams for our success, health, and well being. Kelly Sullivan Walden shares great stories of how dreams changed people's lives for the better and how even nightmares serve a very useful purpose. When we interviewed her on the Mantz and Mitchell radio show, she said, "There's no such thing as a bad dream. The dreams that are terrifying are really meant to get our attention so that we can either heal something or move something forward." For my part, I began a dream journal for the first time in my life after reading this book. There's gold to be mined from the dark recesses of our dreams that will enrich our lives for sure.

Kelly's newest dream book is like fine old wine, but in new wine skins! It is full of insight to understand our ever-changing world and the images and stimuli that our parents would not have experienced or had to reference. Our individual consciousness and the collective consciousness is always changing and this book has insight for everyone. It helps one understand the dreamy ethereal realms, with the grounded insight and intelligence for which Kelly is renowned! Love it!

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