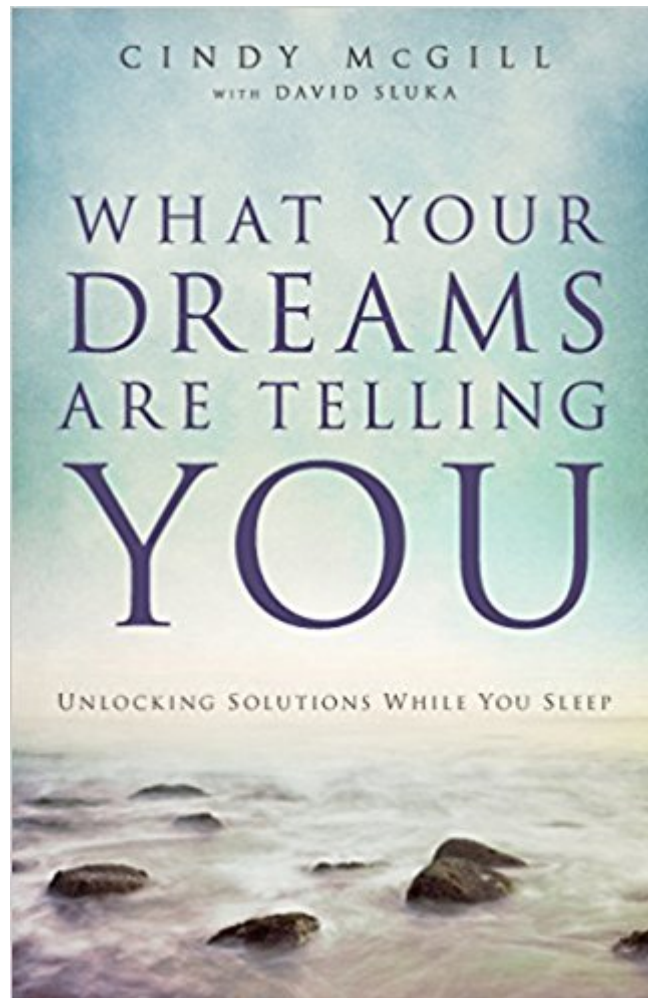




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# **What Your Dreams Are Telling You: Unlocking Solutions While You Sleep**



## Synopsis

Dreams can--and do--contain insight and answers into everyday problems. Here a dream expert gives you the tools to interpret these messages.

## Book Information

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## Customer Reviews

Why Waste One-Third of Your Life Only Sleeping? Have you ever wanted to [receive wise advice](#) about a business proposal, a relationship or a direction in [life](#)? Tonight you will have several dreams. Did you know they could contain the very advice you need? It's true. Join dream interpreter Cindy McGill as she shows you that sleep is so much more than just a time to rest your body. If you pay attention, you can uncover a secret weapon for success--and the keys to unlocking your full potential. Not only is it possible to remember your dreams, but when properly interpreted, they bring guidance, hope and strength to achieve what may seem impossible. Here Cindy gives you the tools for discovering and decoding these hidden messages, including -- how to get the most out of your dreams -- historical and present-day examples of life-changing dreams -- common dream themes and what they mean -- 3 steps to discover the genuine message from your dreams -- a quick-reference guide to common dream symbols -- how to reawaken your dream life. Solutions to your problems can come on any given night. It's time to listen to what your dreams are telling you. "If you read with an open heart, I trust this book will broaden your understanding of this amazing source of insight and provide answers for your life's journey. My ultimate goal is to deliver encouragement and hope so that you can live out your life with purpose and strength."--Cindy

Cindy McGill ([www.cindymcgill.com](http://www.cindymcgill.com)) has a passion to help people find their lives' purpose, to receive healing from life's trauma and live their lives to the fullest. She travels internationally, teaching on the subject of dreams and dream interpretation, and leads "dream teams" using innovative methods to help others discover the hidden meanings behind their dreams and give them a chance to find truth at the point of their need. Cindy has interpreted thousands of dreams at events in the United States and abroad, including the Olympics, the Sundance Film Festival, Burning Man in the Black Rock Desert of Nevada and other expos and festivals. She has appeared on various media, including radio and TV, teaching on dreams and interpreting the dreams of others. Cindy is a keynote speaker and has also authored numerous articles for magazines and online media outlets. In 2011, she was featured in *Dreams, A Documentary*, which chronicles live dream interpretation encounters that took place at the Sundance Film Festival at Park City, Utah, and won awards at various independent film festivals around the world. Cindy uses life-coaching skills to help people who need hope and change. She and her husband, Tim, have been successful at helping people redefine their lives and find healing and direction since 1979. They have two grown daughters and four grandchildren. David Sluka is a writer and consultant who focuses on themes of leadership, communication and publishing. He has written for authors such as James Goll, Ed Silvoso, Patricia King, Joan Hunter, Joshua Mills, Audrey Meisner and others. Connect with David at [www.david-sluka.com](http://www.david-sluka.com).

After decades of feeling frustrated over my lack of understanding of what my dreams meant. I walked away from this book with reignited excitement about my dream life. Thank you Cindy McGill.

Our church is beginning to teach on how to interpret the dreams God gives us. The information gleaned from this book will be helpful.

It helps with knowing abt dreams

I enjoyed reading this book. The tone is hopeful and it presents good examples and practical ways in which dreams can enhance our lives.

Very informative and I love the Author. She is right on.

I saw the author on television and decided to look it up! Loved the book and purchased another one as a gift. Shipped immediately! Thanks!

Wanted to find out what dreams meant

pretty good mostly basic stuff though

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