



# Teen Dream Power: Unlock the Meaning of Your Dreams

*M. J. Abadie*

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# Teen Dream Power: Unlock the Meaning of Your Dreams

M. J. Abadie

**Teen Dream Power: Unlock the Meaning of Your Dreams** M. J. Abadie

The first and only complete guide to dream interpretation written specifically for teens.

- Provides instruction for dream recall, interpretation, developing a personal dictionary of dream symbols, and keeping a dream diary.
- Explains how to handle nightmares and negative dream images and explores the significance of dreams about sex.
- Includes language, imagery, and life examples geared specifically to the needs and concerns of teens.
- Written by the coauthor of *Love Planets* (50,000 copies sold) and the author of *Your Psychic Potential* (20,000 copies sold).

When we dream we uncover our inner selves, process our hopes and fears, and explore our potential. *Teen Dream Power* teaches teens that when they sleep, their unconscious minds are sending them important messages that may hold the keys to their personal happiness.

A professional astrologer and psychotherapist with a specialty in dream interpretation, M. J. Abadie explores the dream wisdom of earlier societies and what it means for teens today. She shows teens that by inducing dreams for special purposes and maneuvering negative dream images they can solve everyday problems. Teens will learn to increase dream recall, interpret dreams using their own personal dream symbol dictionary, handle nightmares, and explore the fascinating inner changes going on at this time in their lives. With the tools in *Teen Dream Power*, teens can gain self-understanding, enhance learning skills, and increase their creativity and productivity.

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