



# **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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