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Sensual Dreaming

Gayle Delaney

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Sensual Dreaming Gayle Delaney
Do you ever wonder why you dream about sex with celebrities or former lovers? What does it mean to dream of sex while someone watches? Do you dream about sex with your husband's best friend?

Erotic dreams of romance, seduction, aggression, or embarrassment can either shock or delight you. But are these images really about sex, or are they potent metaphors for other aspects of your life? Now, in this landmark look at one of the least-talked-about areas of dream analysis, renowned dream expert Dr. Gayle Delaney, author of Living Your Dreams and Breakthrough Dreaming, breaks away from standard interpretations of dream symbolism to show us how our sexual dreams must be understood in light of our own unique experiences and feelings.

Dr. Delaney shows us how our sexual dreams can open our eyes to the insights that will liberate us from fear and help us to develop a healthier emotional and sensual life. She explores common sexual dreams and shows us how to interpret them using her unique Dream Interview technique. Filled with the vivid, real-life erotic dreams of both men and women, Sensual Dreaming teaches us how to use our dreaming mind in practical ways.It can help us dissolve sexual inhibitions and conflicts, elicit dreams to solve specific problems in relationships, experiment with new techniques, enrich our sexual styles, and remove barriers to intimacy and creativity.

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