



## From Dreams to Discovery (Guided Journals)

*Joan Mazza*

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## **From Dreams to Discovery (Guided Journals)** Joan Mazza

Using a unique mix of instruction and prompts, licensed psychotherapist Joan Mazza guides journalers through the dreamwork process, showing them how to interpret dream symbols, characters and messages. Mazza explains the value of dreams and dreaming, and provides readers with tips for remembering their dreams and a "dream worksheet" on which to record them. Then she demonstrates twelve different methods, or "doorways," through which to examine dreams. Each chapter is a combination of instruction and thoughtful prompts that will enable journalers to investigate and analyze their own dreams, step by step, and arrive at a new understanding of who they are.

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