



# Freaky Dreams

*Adele Nozedar*

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## **Freaky Dreams** Adele Nozedar

We all know about them. We've all had them. But let's face it; we don't have a clue what they mean. They're freaky dreams.

From talking pets and naked friends to apocalypses and prophecies, this is an assorted compendium of dreams – the weird, the wacky, and yes, the somewhat disturbing. Author Adele Nozedar (The Element Encyclopedia of Signs & Symbols) is compiling the freakiest dreams from around the world, each ranked with its own "freak-o-meter" rating, and offering an analysis. As you browse through the dreams and the accompanying signs and symbols, you'll learn how to look for the symbolism in your own dreams and analyse them for yourself.

Complete with tips on how to have a "lucid" dream (the kind where you know you're dreaming and can even control it), fun fact boxes explaining dream theory, and even a small journal section at the back of the book for writing down your dreams, this is the ideal book for your bedside table.

So the next time you wake up confused, embarrassed, ashamed, or oddly aroused, you'll be able to figure out why.

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