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Dreams of Joy: Beginners Guide to Dreams of Joy, Interpretation, Visions, Desire

By Richard Porter

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Paperback. 108 pages. Dimensions: 9.0in. x 6.0in. x

0.3in. Dreams of Joy Dreams refer to successions of ideas, images, sensations and emotions that subconsciously occur in the mind during specific stages of sleep. They occur in the rapid eye movement- REM- stage of sleep when the activity of brain is high resembling that of being awake. Dreams can last for as long as twenty minutes or for few seconds and people tend to remember dreams more likely when they are awakened during the rapid eye movement phase. By Believing Turn the dream into a burning desire in your heart. By believing that you can achieve the dream, turn your desires into goals. By believing that you can do it, create strategic plan for the accomplishment of your goals, taking action by utilizing every opportunity that comes your way, set short-term goals, which means dividing your major goals into subdivisions and then set times for each goal. Review your progress regularly and be confident. Clear Interpretation When you have a clear interpretation of your dreams, it has the ability to fuse the body, mind, and spirit. It gives...



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Reviews

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