



Healing Dreams: Exploring the Dreams that can Transform your Life

Marc Ian Barasch

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"Marc Barasch is the Nabokov of contemporary dream writers. Read this book if you want to lead a bigger, more vivid life." (Gayle Delaney, Ph.D., Founding President of the Association for the Study of Dreams)

Nominated for a Books for a Better Life Award, *Healing Dreams* offers a new, multi-layered approach to a subject of perennial fascination. Drawing on 15 years of research, this inspiring book has earned the praise of leading experts in the field, and helps us understand the life-altering power of our dreams -- in relation to our spirituality, our careers, our loved ones, our health, even our sense of wholeness.

"In his fascinating, well-organized and lucid book, Marc Ian Barasch carries us along with him on a brave night journey through the dream world...A book for readers who can let go of preconceptions, immerse themselves in the vast lore of dreams and, above all, can savor stories of other people's experience." (*The Washington Post*)

"Destined to be remembered as a watershed event in the study and appreciation of the psyche." (Joan Borysenko, author of *A Woman's Journey to God*)

"A daring thinker and a mesmerizing writer, Barasch takes us on an eye-opening romp through our own minds." (Hara Marano, Editor-at-Large, *Psychology Today*)

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