



## The Nightmare Solution: Simple, Creative Methods for Working Out Your Dream Problems (with Guidance for Parents, Therapists, and Teachers Help (Paperback))

By Ann Sayre Wiseman, Kiko Denzer

Echo Point Books Media, United States, 2013. Paperback. Condition: New. 2nd. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Whether you re 9 or 99, everyone has scary dreams. Most of us think of nightmares as an inevitable but unfortunate part of our sleeping life. What we re overlooking is the opportunity they offer to learn more about ourselves and to find creative solutions to problems affecting our waking hours. The Nightmare Solution offers simple and creative ways to not only cope with our frightening dreams but to gain insight from them. By using techniques for capturing and communicating with the images in your dreams, you, your child, or any child you are advising can discover what our powerful dreams are really trying to tell us. Developed over many years by an art and dream therapist, these techniques have been successfully tested and refined on hundreds of students and clients. Much of The Nightmare Solution is devoted to showing parents, therapists, and teachers how to work effectively with children struggling with nightmares. The simplicity and nonverbal core of the approach makes it especially effective for kids. All you need is paper, colored pens, and a willingness to listen...



### Reviews

*An exceptional ebook along with the typeface utilized was fascinating to read through. I am quite late in start reading this one, but better then never. You are going to like the way the blogger write this publication.*

-- **Judd Schulist**

*This book is very gripping and exciting. I was able to comprehended everything out of this written e publication. You will not truly feel monotony at at any time of your respective time (that's what catalogs are for concerning should you question me).*

-- **Eulalia Schamberger**