



Dreams and Guided Imagery: Gifts for Transforming Illness and Crisis

Tallulah Lyons

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From the Cancer Project of the International Association for the Study of Dreams (IASD) come Dream Appreciation and Guided Imagery approaches that can help anyone move into the fullness of living, no matter the circumstances.

“This important work is a vital aspect of an integrative approach to medicine which includes looking at all levels of our being and experience. In *Dreams and Guided Imagery*, Tallulah Lyons provides a path for readers to mine the rich fields of dream work in order to actively engage their unconscious inner resources. I highly recommend this book to anyone seeking a tool to interact with dreams and guided imagery as a part of a life practice centered on embracing health and wholeness.”

— **Matthew P. Mumber, M.D.**, Harbin Clinic Radiation Oncology Center, editor, *Integrative Oncology: Principles and Practice*.

“I know from my many years of research on dreams and from my clinical experience, that dreams are the most connective and creative parts of our minds. Dreams sometimes pick up hints about physical illness, and also emotional problems of which we are not aware in our waking lives; and dreams can help us be more in touch with ourselves. *Dreams and Guided Imagery* is an excellent and well-written book based on years of work with cancer patients sharing dreams in a group setting. It is full of vivid examples, as well as suggestions and instructions for the reader. I recommend it highly, not only for patients with cancer, but for anyone who wants to learn from dreams in a group setting.”

— **Ernest Hartmann, M.D.**, first Editor-in-Chief of the journal *Dreaming*, and author of twelve books, most recently, *The Nature and Function of Dreaming*, and *Boundaries: A New Way to Look at the World*

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Diane Williams:

Typically the book Dreams and Guided Imagery: Gifts for Transforming Illness and Crisis has a lot of information on it. So when you check out this book you can get a lot of benefit. The book was authored by the very famous author. This articles author makes some research ahead of write this book. This kind of book very easy to read you may get the point easily after reading this article book.

Elida Allman:

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