The Nightmare Encyclopedia: Your Darkest Dreams Interpreted, 2005, 357 pages, Jeff Belanger, Kirsten Dalley, 1564147622, 9781564147622, Career Press, 2005

We spend a third of our lives sleeping, with much of the night filled with dreams. Peculiarly vivid, disturbing dreams leave behind impressions that are hard to dismiss. But what are nightmares? And what significance do they have for the dreamer? Questions like these have been asked and answered in all time periods in all of the world's cultures. The Nightmare Encyclopedia examines ideas about bad dreams found in different parts of the world, in different periods of Western history, in recent clinical research, in current theories of the occult, and in popular films. Most of the world's traditional societies are taught that our souls leave our bodies and travel to other realms when we dream, so maybe nightmares are the result of getting lost in one of dreamland's bad neighborhoods. In medieval Europe, it was thought that demons could attack and rape human beings in their sleep. In contrast, modern psychologists tend to view nightmares as repressed conflicts that return from our unconscious to haunt us in our dreams. This book also includes interpretations of dream symbols found nightmares. in

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Chasing Spirits The Building of the "Ghost Adventures" Crew, Nick Groff, Jeff Belanger, Oct 2, 2012, Body, Mind & Spirit, 272 pages. Take a look behind the scenes of the Travel ChannelB[™]s hit show Ghost Adventures with paranormal investigator Nick Groff as he shares his favorite explorations of the.

The World's Most Haunted Places From the Secret Files of Ghostvillage.com, Jeff Belanger, 2004, Body, Mind & Spirit, 255 pages. Ghostly legends abound wherever history has made its mark-from battlefields to monuments, prisons to inns. If these places have existed for centuries or more, and if they are.

The dream sourcebook a guide to the theory and interpretation of dreams, Phyllis R. Koch-Sheras, Amy Lemley, Oct 1, 1995, Psychology, 245 pages. Describes man's historic interest in dreams, their influence on culture, and contempory theories about their function and meaning.

Dreamwork using your dreams as a way to self-discovery and personal development, Maggie Peters, Apr 1, 2001, Psychology, 160 pages. A simple, enlightened & multi-faceted approach that will help readers understand themselves through their dreams.

Who's Haunting the White House? The President's Mansion and the Ghosts Who Live There, Jeff Belanger, 2008, Juvenile Nonfiction, 55 pages. Explores the world inside the White House, where presidents, first ladies, and staff have seen darting shadows and ghostly apparitions that have been attributed to be such.

Lost Cities and Forgotten Civilizations, Michael Pye, Kirsten Dalley, 2013, Juvenile Nonfiction, 261 pages. Investigates questions concerning such lost civilizations as Lemuria and Atlantis, looking at their beliefs and possible contacts with extraterrestrial or advanced beings.

Encounters with UFOs and Extraterrestrial Life, Michael Pye, Kirsten Dalley, Dec 15, 2012, Juvenile Nonfiction, 258 pages. Compiles essays on sightings of mysterious objects and UFOs, from the more well-known, including Roswell and Kingman, to the less familiar.

Picture Yourself Legend Tripping: Your Complete Guide to Finding UFOs, Monsters, Ghosts, and Urban Legends in Your Own Backyard , Jeff Belanger, 2011, Legends, 239 pages. What is legend tripping? ThereBB™s a good chance youBB™ve already done it. Remember sneaking off into that cemetery at night as a kid to see if there were any ghosts? What about.

Churchill's Black Dog, Kafka's Mice, and Other Phenomena of the Human Mind , Anthony Storr, 1990, Psychology, 310 pages.

Ghosts of War Restless Spirits of Soldiers, Spies, and Saboteurs, Jeff Belanger, Jan 1, 2009, Juvenile Nonfiction, 235 pages. Collects historical accounts of war and connected hauntings in a volume divided by conflict and ranging from the twelth century Gempei War to Bosnia..

Little Bird Told Me , John F. Rhodes, Feb 27, 2007, Fiction, 212 pages. "Little Bird Told Me" is a hippie novel that gets its title from parts in the book where an American Indian named "Little Bird" helps bring a hippie couple to enlightenment.

Remembering & Understanding Your Dreams for Costco/Indigo , Sterling Publishing Co., Inc., Dec 31, 2001, Body, Mind & Spirit, 272 pages. .

Thirteen Authorities Tell You What Your Dreams Mean, Polly Strong, 1990, Dreams, 258 pages. Our sleeping fantasies are the windows to our inner fears and desires. Now, 13 leading authorities reveal their fascinating theories on dreaming--and tell how to interpret the.

Dream Interpretation and More Made Easy, TODESCHI KEVIN J., May 1, 2001, Self-Help, 212 pages. Since time immemorial dreams have inspired, haunted, amused, terrified, confused, confounded and delighted. Everyone knows how tantalising the world of dreams can be. Peden.

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