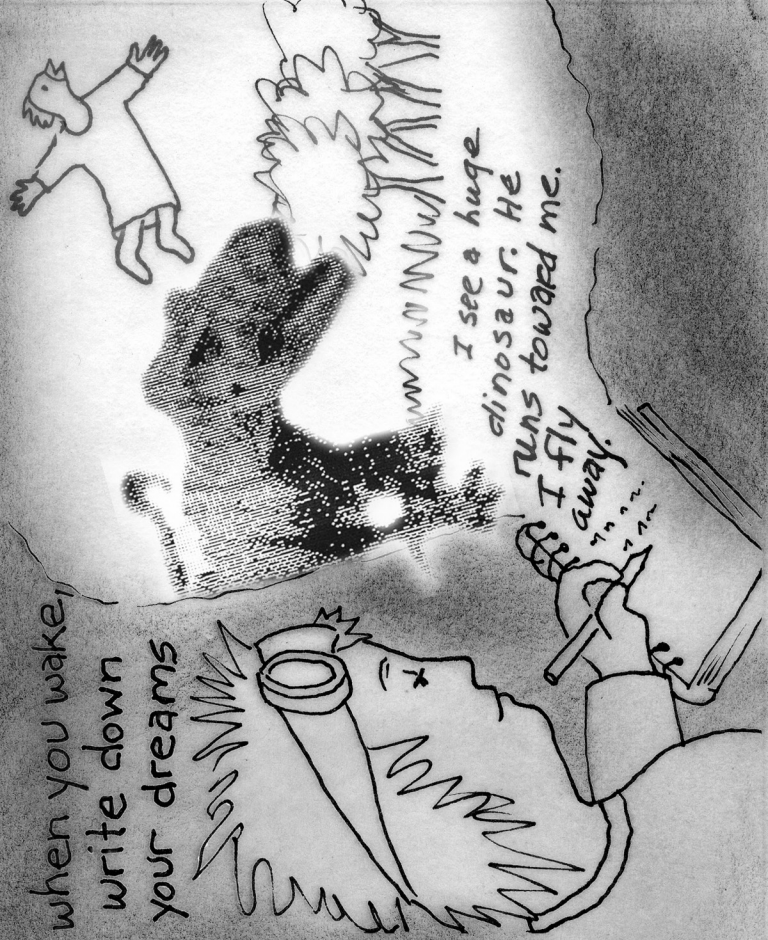


from the publisher:
 A precise guide to
 attaining a dream life
 from a scholar pre-
 eminent in the field
 that she created.
 "The best and still
 the only book of
 it's kind."
 The Dream Times

STEAM IRON PRESS
 2009

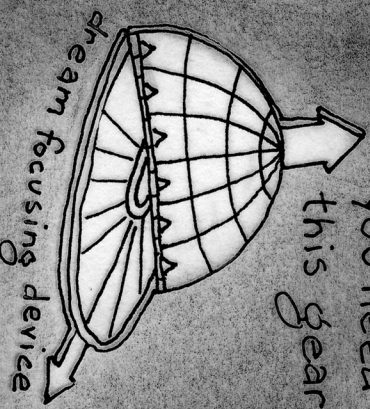
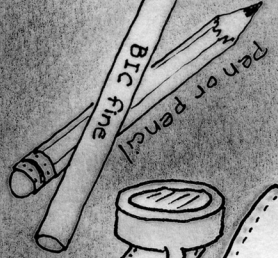
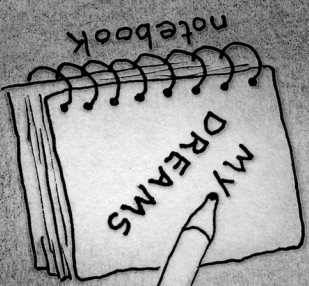


**Dreaming
 made Easy**
 by
 Judith Hoffman

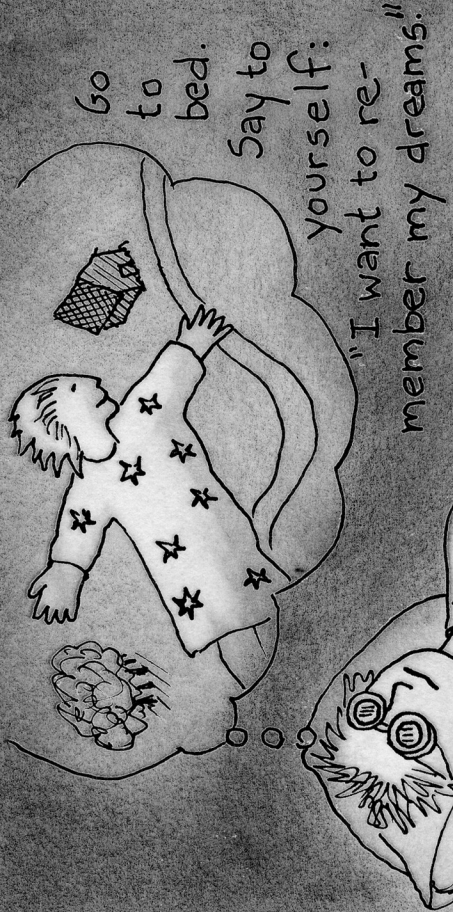


when you wake,
 write down
 your dreams

I see a
 dino
 I see a
 dino
 I see a
 dino



you need
 this gear:



go
 to
 bed.

Say to
 yourself:
 "I want to re-
 member my dreams."

