



# Dream Tending: Awakening to the Healing Power of Dreams

*Stephen Aizenstat Ph.D.*

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## **Dream Tending: Awakening to the Healing Power of Dreams** Stephen Aizenstat Ph.D.

You had the most amazing dream last night. It spoke to your highest aspiration-your most secret wish-and presented a vision of a future that was right for you. But now, in the cold light of day, that inspiring dream is gone forever-or is it? According to Dr. Stephen Aizenstat, a psychotherapist, university professor, and dream specialist, dreams are not just phantoms that pass in the night, but a present living reality that you can engage with and learn from in your daily life. In *Dream Tending*, Dr. Aizenstat shows how to access the power of your dreams to transform nightmare figures into profound and helpful mentors; bring fresh warmth and intimacy into your relationships; overcome obsessions, compulsions, and addictions; engage healing forces of your dreams through imaginary "medicines"; re-imagine your career and cope with difficulties in the workplace; discover the potential of your untapped creativity; and see the world around you from a new and dynamic perspective.

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