

The Dream Cure: How Recalling Your Dreams Can Heal Your Life

Theresa Cheung

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Concerned with the idea of healing through dreams, Theresa Cheung's self-help book *The Dream Cure* is full of practical guidance for mastering dream work.

Cheung, who was once saved from a multicar accident by following the memory of a dream, discusses the history of the craft in context. Dream work, the book notes, dates back to ancient Egypt and Greece: tablets reflect symbol analyses, and philosophers determined that a dreamer's perspective mattered in interpretation, respectively. *The Dream Cure* also acknowledges that dream science is murky, with no definitive, unanimous answers.

Referred to as "spontaneous spiritual revelations," dreams are more than just a thing that happens to people, the book posits. They are also problem-solvers, creativity hacks, stress busters, entertainers, and healers—if the dreamer pays attention. Five lessons are thus devoted to recalling and interpreting dreams, what to do with recurring dreams and nightmares, and how to design dreams. Within each lesson is an exhaustive list of common dream themes—being chased, drowning, falling, losing teeth—and analyses of what they could mean the dreamer's unconscious is trying to tell them. At the end of the book comes a series of journal templates to aid in logging dreams.

While at times repetitive, the book is clear and casual, making use of common touch points like comparing dreams to episodes of a long-running television show to make the subject feel light and digestible. It also includes exercises throughout, such as reflecting on twenty nights of dreams (or the lack thereof) or meditating on dreams before bedtime. With its brief explanation of the sleep cycle, it educates on physical well-being, too.

A reference guide for dream work, *The Dream Cure* breaks down barriers to the practice with easy steps for uncovering what the unconscious mind wants to bring to the surface.

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