



# The Hidden Door: Understanding and Controlling Your Dreams

*Peter Fenwick, Elizabeth Fenwick*

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**The Hidden Door: Understanding and Controlling Your Dreams** Peter Fenwick, Elizabeth Fenwick

An examination of the many theories as to why we dream and what dreams mean. It explains how you can learn to dream lucidly, the principle behind "dream machines", the phenomena of prophetic dreams, and how dreams can be harnessed to help problem-solving and creativity.

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