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The Nightmare Dictionary helps you unlock the mystery behind your bad dreams. This book features fascinating interpretations for more than 300 of the most common nightmare images, as well as information about the different types of dreams. From spiders and illness to broken bones and hurricanes, you'll not only figure out what these haunting dream symbols mean, but also why they keep you up at night.

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It's worth understanding the causes of bad dreams. The Cambridge Dictionary defines this term as a very upsetting or frightening dream. Wikipedia also tells us that a nightmare is a bad dream. And the dictionary Merriam-Webster defines a nightmare, like a bad dream that wakes the sleeper.

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If you want to turn your bad dreams in to a positive experience, it is important to understand what causes bad dreams. The stresses and anxieties of our daily lives are often translated into our dream material. This may even be true of past traumas, like the death of a loved one or the divorce of parents at a very young age.

And for those terrible and horrifying nightmares, people tend to have bad feelings about them, which make them more eager to know the nightmare meanings. While common dreams usually represent our most intimate desires and wishes, our nightmares represent our inner fears and anxieties. Through them, we can achieve a greater degree of introspection, which helps to understand and accept ourselves ...

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