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DREAMTIME

M A G A Z I N E

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Wake Up! Use Your Nighttime Dreams to Make Your Daytime Dreams Come True

Justina Lasley

Bloomington, IN: Balboa Press, 2014

Justina Lasley's new book reflects many of the best qualities of dream research and education fostered by the International Association for the Study of Dreams. Her work is always respectful toward the dreamer, open to multiple dimensions of meaning, informed by the latest scientific research, skeptical of simplistic answers, and generous in sharing knowledge and wisdom. Although *Wake Up!* is not intended as a

scientific monograph, Lasley is more familiar with current psychological evidence about the nature and function of dreaming than are most professional investigators. The special contribution of this work is channeling those ideas into practical applications for ordinary people dealing with the various challenges of human life.

Lasley has taught numerous students over the years about basic themes in working with dreams and developing a personal language for communicating those themes to non-specialists. In this book she focuses on dreams as agents of change, growth, and development. Her approach is not directive in terms of telling people what they should and shouldn't do, but more suggestive, encouraging people to consider new possibilities and new ways of looking at their waking life actions, choices, and behaviors. Her case studies focus on people's concerns with relationships, finances, career, and health, because these are the issues of greatest emotional significance in most people's lives. Lasley is also aware that most dreams, especially those with unusually intense images or feelings, have dimensions of meaning beyond the immediate practical concerns of daily life. She is sensitive to aspects of spiritual, religious, and existential meaning

in people's dreams, highlighting their importance to the dreamers but not advocating one particular theological or metaphysical explanation for all of them.

Wake Up! is pleasantly arranged, making it easy to read and track the ideas from one section to the next. The book is well designed for people who are brand new to the subject, and it could serve as an excellent introductory text for classes on dreams and dream-sharing in many different settings.

Richard Russo

The Dreamworking Manual: A Guide to Using Dreams in Health Care

Christopher Sowton

Dreamreading Publications, 2013

Christopher Sowton is a naturopath who has incorporated dreamwork into his practice for more than two decades. In recent years he has focused on training other health care professionals to do the same. The fruits of this rich experience are evident in his *Dreamworking Manual*, a guide aimed at a specific audience: health care workers with a serious interest in dreams, but no training and no sense of how to bring dream work into their practices. As such, it is a valuable

