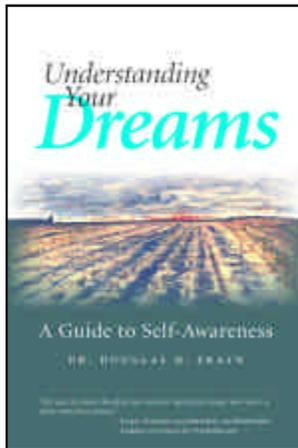


## UNDERSTANDING YOUR DREAMS

*A Guide to Self-Awareness*  
DR. DOUG FRAYN



What can *Understanding Your Dreams* do for you? Dr. Frayn investigates a host of questions:

- How can I get a more restful and enjoyable sleep?
- Can dreaming solve my problems?
- Can I influence the frequency and outcome of my dreams?
- Do dreams predict the future or just comment on the past?
- How can I understand the secret language of my dreams?

*Understanding Your Dreams: A Guide to Self-Awareness* explores sleep and dreaming from scientific and therapeutic viewpoints as well as from a self-help perspective. The author is an experienced psychoanalyst and dream researcher who clarifies the roles that sleep patterns, dream frequency and images, and personality play in portraying an individual's "dream profile."

This book discusses dream interpretations and how to make use of a dream diary and therapy in insightful and therapeutic ways. The primary theme of this comprehensive book is that with increased self-awareness and a fuller understanding of the "news from within," individual dreamers can improve personal self-control and be more successful in their work and love relationships.

*"This erudite review of dream literature and the attempts to understand and interpret them ...will have appeal for all students and professionals. The lay public interested in understanding their dreams will find this work fascinating and helpful".* —David Iseman,

MD,frcp(c) President, Canadian Psychoanalytic Society

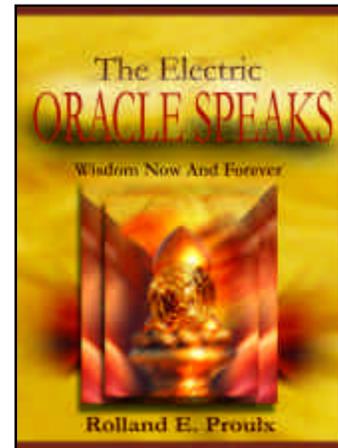
Dr. Doug Frayn lives in Toronto, Ontario.

DREAMS/SLEEP/SELF HELP  
0-9688340-1-9  
PAPER APRIL  
208 PAGES 6 X 9  
ASH PRODUCTIONS

\$22.95 US  
\$29.95 CDN

## THE ELECTRIC ORACLE SPEAKS

*Wisdom Now And Forever*  
ROLLAND E. PROULX



GILDA RADNER FIND OUT THE PROPER NAME OF ORGANIZATION

Aphorisms are nothing to sneer at. They open doors, widen our perceptions, broaden our understanding and invite us to think new thoughts. *The Electric Oracle Speaks* is created with all the above in mind and then some. Aphorisms are also known as: sayings, dictums, maxims, proverbs, and apothegms. This last word conjures up an image of an ancient alabaster jar, filled with rich unguents, essences. Sayings are just that, the essence, infused into a few words.

This original, inspiring book is a jewel, both in word, design and illustration. It is based on the power of positive thinking and how thoughts have a critical effect on the quality of our life.

*The Electric Oracle Speaks* is divided into two parts. Part One features 108 aphorisms and eight beautiful illustrations. Part Two has seven Oracle Observations. The book presents practical, memorable sayings that help readers deal with everyday existence and provides answers that can easily be called upon in difficult times. A book that encourages you to consciously be what you already are and that helps you be aware of what you have not yet discovered.

Rolland E. Proulx is an experienced motivational speaker. He is no stranger to philosophy, ethics and homespun wisdom. A long-time student of oriental teachings and yoga, a steadfast practitioner of meditation and a passionate believer in the power of thought, Rolland synthesizes these elements into a personal life philosophy that is at once practical and visionary. From artist to interior designer to faux fini artist and art furniture designer, he has excelled in each field. Rolland is the recipient of several art grants and design awards. Currently, he lives in Toronto Canada.

SELF-HELP/INSPIRATIONAL  
0-9735717-0-5  
PAPER APRIL  
144 PAGES 4 ½ X 6  
DA PRESS

\$11.95 US  
\$14.95 CDN