



# Your Dream of Recovery: Dream Interpretation and the 12 Steps

*Shelly Marshall*

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# Your Dream of Recovery: Dream Interpretation and the 12 Steps

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## **Your Dream of Recovery: Dream Interpretation and the 12 Steps** Shelly Marshall

A ground-breaking book on dream interpretation for anyone working toward recovery in a 12-Step program. You will actually learn how to use dreams to overcome addictions and grow spiritually. This book will provide innovative tools that will help you: Understand the meaning of your dreams, use your dreams for recovery from addictions, create a personal dream glossary, start a 12-step dream work group, and use prayer and meditation more effectively.

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