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Dream Journal Diary: This Dream Journal book is the perfect little bedside companion. Use it to record all your dreams, their meanings, symbols, a full analysis and your moods. This paperback dream journal to write in measures 6" wide x 9" in height so is the perfect size. Inside the book there is lots of room to record the day, date and description of over 100 of your dreams as well as the type of dream you had (Nightmare, Fantasy, Symbolic, Exciting, Boring, Crazy or any other type of dream), a full interpretation (in your own words) of your dream, the type of emotions you want to remember and whether or not the dream is recurring (is there a theme?). What gets recorded can be studied so use it to compile a picture of your sleeping patterns and lucid dreams. This dream journal diary is also useful if you want to track patterns and causes for the particular types of dreams you are having. This is the perfect gift for women and girls who can immediately start to fill out the pages in this blank dream journal diary. Beautifully designed with a purple sparkly cover, this Dream Journal Diary is a must have. Click to order your copy today.

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