



The Art of Dreaming: Tools for Creative Dream Work

Jill Mellick

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Jill Mellick is ushering in a new era of dreamwork with her revolutionary approach to dream analysis through artistic expression.

Dream books that guide readers to work with their dreams invariably ask those readers to write their dreams down, or perhaps record them. *The Art of Dreaming* stands apart from all other dream books in that it invites readers to work with their dreams in whatever medium is most natural and beneficial to them. For some readers that might in fact be writing or talking, but for others it might be drawing or painting or working in clay or dancing or dramatizing or recreating movement or maskmaking or working in multimedia or creating poetry. This book is a beautiful integration of dreaming and creativity, one that takes readers to a place where they can work with both the essential and deep messages from their dreams.

The beautifully designed book makes use of illustrative icons to clearly indicate to readers the art medium for each activity, whether writing, drawing, painting, maskmaking, etc., giving readers the ability to go directly to the type of activity that most appeals to them.

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