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Media Contact: Maggie Chenet
warwick@vom.com
(707) 939-9212
www.warwickassociates.net

BUILD YOUR OWN DREAM SYMBOL DICTIONARY

A Symbology Expert's Dream Guide

"Michael Schwartz shows us how to find symbolic meaning in our experiences. The tapestry of Universal Principles ties it all together and offers opportunities for personal growth."

- Dr. Holly Lucille, R.N.

San Francisco, CA (April 1, 2011) — A pioneer in the natural foods industry, a teacher of naturopathic programs and a popular author on the subject of symbology, Michael Schwartz has combined three decades of teaching, healing and research into a new book, ***Dream Symbology Dictionary***.

Schwartz makes the mind-body connection by delving into the fascinating phenomenon of symbology. He describes how dreams can impress the waking mind with their wisdom, and lays out guidelines to dream interpretation and clues to profound insights through the study of dreams.

With this comprehensive compendium of symbols that appear in dreams, visions and in day-to-day experiences, readers discover through the detailed definitions that dreams have the potential to change their lives.

Armed with the knowledge and power of their dream selves, readers gain clarity and awareness of their patterns of behavior and of the precognitive nature of the dream symbols.

Schwartz teaches each reader to build a personal symbol dictionary by studying and identifying some of the hundreds of symbols in the ***Dream Symbology Dictionary***, in order to gather insight into the spiritual, emotional, physical/material and social elements of their lives.

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Through this new book and his many writings, charts, tapes and CDs, the author presents a unique and dynamic approach to healing and personal growth.

About the Author:

Michael Schwartz is the author of the popular *Health and Disease Symbology Handbook: A Mind Body Perspective*, a best-selling guide to the healing properties of nutrients, herbs and supplements. He is also the co-author of *The Way of Universal Teachings*.

Schwartz hosts a weekly radio call-in program, "The Mind-Body Connection", and makes frequent public appearances.

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