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On average a person can have 4-7 dreams a night. After 10 minutes of being awake, 90% of the dream is forgotten. If you are serious about understanding your subconscious mind, keep this journal next to your bed and record your dreams in order to better observe their potential meanings. "DREAMS ARE

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Decode your own dreams and discover the fascinating science, history, and culture behind dreaming in this awesome write-in journal. Have you

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ever wondered where your dreams come from? Or why they're so hard to remember? Or how to make that monster in your nightmares a little bit more ... friendly? We've got answers to these musings and more! In this journal, you'll explore the mysteries of the unconscious mind from ancient Egypt to today. You'll learn how the ancient Greeks used dreams to answer their questions, how dreams inspired some of the most popular art in recent history, and how your brain works as it conjures up these amazing, imaginative, and often weird reveries. Plus, you'll find tips on how to get a good night's sleep, remember

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more about what you dream, and conjure lucid dreams. It's the perfect tool to help kids remember, record, and reflect on their nighttime adventures. Catching Z's has never been so much fun. With plenty of space for writing, lively text, and vibrant imagery, this journal is your go-to place to write, learn, and celebrate the powers of your fantastic, creative brain.

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the habit of recording and tracking our dreams using a dream diary, we can more accurately remember and then interpret what our dreams mean as we start to understand them and ourselves better. Dream journaling on a regular basis can be hugely beneficial as a way to analyze our thoughts, emotions, and feelings, which can then be used to look for patterns in what we dream about and how they may relate to our current situation and the relationships with those around us. The main features of this dream journal notebook include: Prompts for each dream where you can track and record the date, your thoughts and

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