



May 2017: 234x156: 236pp  
2 illustrations

Hb: 978-1-138-94807-5 | £110.00  
Pb: 978-1-138-94808-2 | £27.99  
eBook: 978-1-315-66971-7

## TABLE OF CONTENTS:

### Preface Part 1: Knowledge of Dreams

1. The Dream Schools
2. Dreams and Natural Science
3. We Dream Because We are Complex Creatures:  
A Cybernetic Network Theory of Dreaming

### Part 2: The Ten Core Qualities

4. Core Quality 1: Dreams Deal with Matters Important to Us
5. Core Quality 2: Dreams Symbolize
6. Core Quality 3: Dreams Personify
7. Core Quality 4: Dreams are Trial Runs in a Safe Place
8. Core Quality 5: Dreams are Online to Unconscious Intelligence
9. Core Quality 6: Dreams are Pattern Recognition
10. Core Quality 7: Dreams are High-Level Communication
11. Core Quality 8: Dreams are Condensed Information
12. Core Quality 9: Dreams are Experiences of Wholeness
13. Core Quality 10: Dreams are Psychological Energy Landscapes
14. Dreams and Trauma

### Part 3: Principles and Exercises for Practical Dreamwork

15. Working with Core Qualities 1-5
16. Working with Core Qualities 6 - 10

### Epilogue

Good Dreamwork and the Future of Humankind

**20% discount off with this flyer!**

# A Guide to the World of Dreams

An Integrative Approach to Dreamwork

**Ole Vedfelt**, Jungian psychotherapist, Denmark

In *A Guide to the World of Dreams*, Ole Vedfelt presents an in-depth look at dreams in psychotherapy, counselling and self-help and offers an overview of current clinical knowledge and scientific research. This book describes essential aspects of Jungian, psychoanalytic, existential, experiential and cognitive approaches to dreams and dreaming, and explores dreams through contemporary neuroscience, theories of dream cognition, and in sleep laboratories. Employing a cybernetic network perspective, Vedfelt integrates this vast field of knowledge into a new, cohesive theory and method of dreams and dreamwork. He carefully describes 10 Core Qualities of dreams, and delineates a resource-oriented, step-by-step manual for dreamwork at varying levels of expertise. Vedfelt's theory and method are enhanced by a wealth of engaging, real-life examples.

**20% Discount Available - enter the code IRK71 at checkout\***

Hb: 978-1-138-94807-5 | £88.00  
Pb: 978-1-138-94808-2 | £22.39

\* Offer cannot be used in conjunction with any other offer or discount and only applies to books purchased directly via our website.

For more details, or to request a copy for review, please contact: Jean Pierre Jacome, Marketing Assistant, [JeanPierre.Jacome@taylorandfrancis.com](mailto:JeanPierre.Jacome@taylorandfrancis.com)

## eBooks from Taylor & Francis

Helping you to choose the right eBooks for your Library

We have over 50,000 eBooks in the Humanities, Social Sciences, Behavioural Sciences, Built Environment and Law, from leading imprints, including Routledge, Focal Press and Psychology Press.

Choose from a range of subject packages or create your own!

### Key Features:

- ▶ Save searches and search criteria
- ▶ Create a shortlist of favourite titles
- ▶ Easily export citation info

For more information, pricing enquiries or to order a free trial, please contact your local sales team:  
[www.tandfebooks.com/page/sales](http://www.tandfebooks.com/page/sales)

[www.tandfebooks.com](http://www.tandfebooks.com)

ORDER YOUR  
FREE  
INSTITUTIONAL  
TRIAL TODAY



## Routledge Revivals Discover Past Brilliance...

[www.routledge.com/books/series/Routledge\\_Revivals](http://www.routledge.com/books/series/Routledge_Revivals)

## Routledge Paperbacks Direct

Responding to the changing needs of academics and students, we have now made a selection of our hardback publishing available in paperback format. Available directly from Routledge only and priced for individual purchase, titles are added to the selection on a regular basis.

Visit [www.routledgepaperbacksdirect.com](http://www.routledgepaperbacksdirect.com) for a full list of available titles.

## Recommend key titles to your librarian today!

Ensure that your library has access to all the latest publications.

Visit [www.routledge.com/info/librarian.asp](http://www.routledge.com/info/librarian.asp) today and complete our online Library Recommendation Form.

# Order your books today...

### IF YOU ARE IN THE UK/REST OF WORLD:

Telephone: +44 (0) 1235 400524  
Fax: +44 (0) 1235 400525  
E-mail: [tandf@bookpoint.co.uk](mailto:tandf@bookpoint.co.uk)  
Online: [www.routledge.com](http://www.routledge.com)

#### Postage:

5% of total order (£1 min charge, £10 max charge)  
Next day delivery +£6.50\*

*\*We only guarantee next day delivery for orders received before noon.*

### IF YOU ARE IN THE US/CANADA/LATIN AMERICA:

Telephone: Toll Free 1-800-634-7064  
(M-F: 8am-5:30pm)  
E-mail: [orders@taylorandfrancis.com](mailto:orders@taylorandfrancis.com)  
Online: [www.routledge.com](http://www.routledge.com)

#### Sales Tax/GST:

Residents of AZ, CA, CO, CT, FL, GA, KY, MA, MD, NJ, NY, PA, TN, TX and VA please add local sales tax.

Canadian residents please add 5% GST.

#### Postage:

US:  
Ground: \$5.99 1st book;  
\$1.99 for each additional book  
2-Day: \$9.99 1st book;  
\$1.99 for each additional book  
Next Day: \$29.99 1st book;  
\$1.99 for each additional book  
Canada:  
Ground: \$7.99 1st book;  
\$1.99 for each additional book  
Expedited: \$15.99 1st book;  
\$1.99 for each additional book  
Latin America:  
Airmail: \$44.00 1st book;  
\$7.00 for each additional book  
Surface: \$17.00 1st book;  
\$2.99 for each additional book

*Prices and publication dates are correct at time of going to press, but may be subject to change without notice.*

### Library Recommendation

Ensure that your library has access to all the latest publications.

Visit [www.routledge.com/info/librarian.asp](http://www.routledge.com/info/librarian.asp) today and complete our online Library Recommendation Form.

### Complimentary Exam Copy Request

To order a complimentary exam copy, please visit:  
[www.routledge.com/info/compcopy](http://www.routledge.com/info/compcopy)

Our publishing program continues to expand so please visit our website to stay up-to-date

[www.routledge.com](http://www.routledge.com)

 **Routledge**  
Taylor & Francis Group

**Routledge... think about it**  
[www.routledge.com](http://www.routledge.com)