



Ortrud Grön
„I Have a Dream“
[Ich habe einen Traum]
What Does It Mean?
with b/w illustrations

Ludwig
272 pages
2 b/w illustrations
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Dreams, a central element of life, are often insoluble riddles. Our dreams revolve around the great themes of life: love, freedom, self-actualization, family, sexuality, death. Dreams make us alert to such questions as: What are we dealing with at the time, What is keeping us from being happier, How can we solve our problems?

In her autobiographical book, the dream researcher Ortrud Grön, who has been for years dealing with the decipherment of dreams, shows how we can learn to interpret our dreams. She explains why it is so important to write dreams down, what dreaming facilitates, what it suppresses, and how to better remember dreams. By way of her own dreams and the dreams of her patients, she reveals how these nocturnal emissaries can be, in every life situation, a way to self-knowledge and self-help.