



Dream Power: Can Our Dreams Make Us Well?

Mary Jo Davis-grant

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She dreamed her way from sick to healthy Did you ever have a dream that left you feeling healthy and refreshed in the morning? Well, Mary Jo Davis-Grant did: 500 of them, in fact, over a seven-year illness. In this uplifting true story, Mary Jo analyzes 41 of those dreams to answer the question: Can the images of our dreams affect our health and even help cure illness? You'll be amazed at the possibilities for safe, drug-free pain and stress relief described in this true story from a daring educator and psychologist.

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