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## Dream On!

### *Psychologist Explores Science Behind REM Activities*

(SANTA CRUZ, Calif.) You might be running for your life, falling off a building or even watching your teeth fall out. Or perhaps, you are getting married, talking to your favorite celebrity or flying blissfully over the ocean. You do all sorts of things in your dreams, but what does it all mean? To help people decode these messages from within, renowned dream specialist, Dr. Veronica Tonay, releases *Every Dream Interpreted* (ISBN: 1-84340-051-0, Sterling, September 2003, \$14.95), a book designed to answer the question, “What are my dreams telling me?”

*Every Dream Interpreted* is an illustrated guide to discovering the secrets of dreams. Much different than your typical dream dictionary, this book is based on intensive research. As a psychologist, Tonay spent years studying dreams, and can now explain the science behind this nighttime activity, helping people understand the themes of their dreams.

“There are so many questions that dreams address every night,” says Tonay. “The images in your dreams do not appear by coincidence. They are actually messages from yourself.”

The book has two sections, the first of which features answers to the most commonly asked questions about dreaming. For example, do men and women dream differently? And what can people do about recurring nightmares? This section also has information about unusual dreams, sleep, ways to sleep more and remember more dreams, and what dreams say about your relationships and work life.

The second section of the book is an A-to-Z guide on different elements that appear in dreams, providing background on dream symbols as they appear in many cultures and eras, based on research by leading psychologists, anthropologists and mythologists. So, the next time you wake up from a dream in a cold sweat, for instance, the two sections together will allow you to understand the psychology of that dream in a deeper and more useful way.

**As a guest, Tonay can discuss all aspects of dreaming, including:**

- Why 2/3 of our dreams are unpleasant
- Interpreting sexual dreams
- Why some people remember their dreams and others don't
- The four theories about the relationship of dreams to everyday life

Dr. Tonay currently lives in Santa Cruz, Calif., where she has a psychotherapy practice, teaches at the University of California at Santa Cruz, conducts workshops on dreams and is working on a novel. She enjoys painting, piano, gardening, writing and dreaming.

*To schedule an interview with Veronica Tonay, or to request a review copy of Every Dream Interpreted, please contact Elaine Krackau of Phenix & Phenix Literary Publicists at (512) 478-2028 or [elaine@bookpros.com](mailto:elaine@bookpros.com).*