

In Print

Dreaming True

By Robert Moss Pocket Books; 2000

Robert Moss helps countless people live more enriched lives by working with the energy and insight of their dreams and becoming conscious dream journeyers. One of the greatest dreamers of all time was Harriet Tubman, who personally escorted three hundred slaves to freedom along the Underground Railroad. On the eve of the American Civil War, Tubman was guided by specific dreams to safe houses, river crossings, and friendly helpers she had never encountered previously.

As Moss explains, our own dreams run like an Underground Railroad through our lives, offering us paths to creativity, healing, and mutual understand-

ing. He shows us how to dream true the way Harriet Tubman dreamed true: how to dream the future, how to go back inside our dreams to clarify their mes-

how we can "dream with the body" in order to stay well. Moss offers simple and practical techniques for working with a dream journal to catch – and act on – messages about the distant future and tap into our creative source.

He shows us how to dream our way toward a better job, a better relationship, and creative fulfillment.

Presented with Moss' trademark humor and down-to-earth style, *Dreaming True* helps us rediscover what

ancient dreamers knew: through dreaming we can become active co-creators of our future, bringing positive energy and insight from a deeper reality into our physical world.

"We can dream our dream and we can dream our world if we remember, like Harriet Tunman, that we can fly."

sages and use the information to make wiser choices, and how to bring through life-helping guidance for others.

Dreaming True explores many levels of dreaming and

Mega Mind

Path to Success and Freedom

By Hemant Thakur, M.D. Rutledge Books, 2000

Born in Bombay, India, Dr. Thakur emigrated to the United States in 1981.

Apart from the barriers of language and culture, he also encountered numerous personal problems. Finally, after much adversity, he arrived at a point in his life where he decided to study what it is that makes people successful. He also studied many prominent people who have overcome enormous obstacles.

After years of treating people whose lives were in ruins, he saw that traditional psychiatry, drug therapies and psychotherapies were not always effective and when they did work, the results were not long lasting. He learned that unless these people

were taught to give a different perception to their problems, they would not be free of the disempowering effects of past trauma, painful life experiences

gan to identify simple methods that changed behavior, solved life problems and minimized stress. He explains these methods in *Mega Mind*. By making better choices, these methods can help to start new, productive and, most importantly, happy lives. As a result, he now teaches these techniques in seminars and lectures.

The premise of *Mega Mind* is this: If these techniques can help those traumatized from the worst possible experiences, they can help ordinary people conquer stress, overcome fear, break bad habits, achieve success, and reach the maximum level of self-actualization and happiness. This book will show you how to empower yourself with the hidden tools that you possess within yourself. This book will show you how!

and problems, nor would they be able to handle new stresses and challenges in life. Thus, they could not be truly happy or successful human beings. He be-

Mega Mind

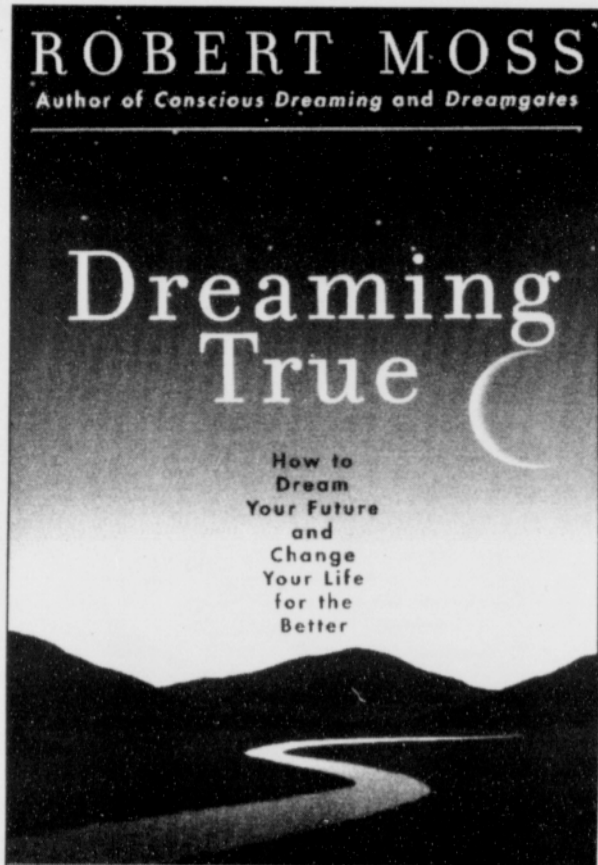
Path to Success and Freedom

Guide to Achieving Success and Ultimate Happiness



Hemant Thakur, M.D.

Mind, body, soul in service to humanity



Nashville Holds Talent Search

Nashville-music city search of Nashville, Tennessee is conducting its new artist and song search. This talent search and seminar will offer winners the opportunity to perform on music row in front of music

industry professionals. All entries must be received no later than Oct. 18, 2000. Guest panelists include: Bill Cuomo, Sonic Sorbet, credits include Alabama and Barbara Streisand Bruce Gaitsch

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