



Wake Up!: Use Your Nighttime Dreams to Make Your Daytime Dreams Come True

Justina Lasley MA

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Wake Up! will inspire you to awaken to your authentic Self and greatest potential, by introducing you to the incredible wealth of wisdom available nightly in your dreams. Learn to easily remember, record, and dissect your dreams to better understand yourself and your life. Wake Up! teaches you to use nighttime dreams as a tool to awaken your most authentic, creative, and spiritual self and thus to lead a more fulfilling and joyful life. Justina Lasley reveals her inspiring personal story of change and transformation, and explains how dreams have impacted her life in countless positive ways. She also shares others' unique stories, dreams and personal growth. Harness the wisdom of your own dreams to help you find the authentic person you were born to be! • Gain clarity and perspective • Let go of limiting habits and beliefs • Create better relationships • Take control of your career and life • Enrich your financial circumstances • Improve your health and overall well-being • Realize your creative potential

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