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# Let Your Body Interpret Your Dreams

*By Eugene T. Gendlin*



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Psychologist Gendlin (Behavioral Sciences, University of Chicago) comes from Carl Rogers's circle. Following *Focusing* (Everest House, 1978), this book shows how Gendlin's method of tapping the body's responses can be applied to the understanding and appreciation of one's dreams. He implies, rightly, that there are many ways of interpreting dreams, based on various theoretical approaches, each with its own validity. Yet, what really counts is the dreamer's somatic response to questions raised or interpretations suggested; the body has the answer, preverbally as it were. One can feel the author's respect for the privacy of the individual and for the message of one's inner nature. Simply and clearly written, this will be useful both for the lay public and therapists.



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About the Author

**Eugene T. Gendlin, Ph.D.** is Professor of Psychology at the University of Chicago. His work has been translated into more than seven languages. He was for many years the editor of *Psychotherapy: Theory, Research, and Practice*. In 1970, he was chosen by the Psychotherapy Division of the American Psychological Association for their first "Distinguished Professional Psychologist of the Year" Award.

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