



## 25 Books About Dreams and Writing to Inspire You

The following is a list of some of the books and resources that have informed my thinking on dreams, creativity, and writing. I hope you will find them to be wise companions on your journey, too.

1. Bane, Rosanne. *Around the Writer's Block*. TarcherPerigee.
2. Barry, Lynda. *What It Is*. Drawn and Quarterly.
3. Clifton, Lucille. *Blessing the Boats: New and Selected Poems 1988-2000*. Boa Editions.
4. Currey, Mason. *Daily Rituals: How Artists Work*. Knopf.
5. Epel, Naomi. *Writers Dreaming*. Clarkson Potter.
6. Flaherty, Alice W. *The Midnight Disease: The Drive to Write, Writer's Block, and the Creative Brain*. Mariner Books.
7. Ford, Marjorie, and Jon Ford, eds. *Dreams and Inward Journeys: A Rhetoric and Reader for Writers*. 7th ed. Longman.
8. Freud, Sigmund. *Freud's Interpretation of Dreams*. Basic Books.
9. Hopcke, Robert. *A Guided Tour of The Collected Works of C.G. Jung*. Shambhala Publishing.
10. Hoss, Robert. *Dream Language*. Innersource, available in book and PDF formats.
11. Jung, Carl G., with Aniela Jaffé. *Memories, Dreams, and Reflections*. Vintage.
12. Kandel, Eric. *Age of Insight: The Quest to Understand the Unconscious in Art, Mind, and Brain, from Vienna 1900 to the Present*. Random House.
13. LaMott, Anne. *Bird by Bird*. Anchor Books, Doubleday.
14. Lasley, Justina. *Wake Up to Your Dreams: Transform Your Relationships, Career, and Health While You Sleep*. Double Spiral.
15. Lesser, Elizabeth. *Cassandra Speaks: When Women Are the Storytellers, the Human Story Changes*. Harper Wave.
16. Metcalf, Linda, and Tobin Simon. *Writing the Mind Alive: The Proprioceptive Method for Finding Your Authentic Voice*. Ballantine Books.
17. Nelson, Victoria. *On Writer's Block*. Houghton Mifflin.
18. Reeves, Judy. *A Writer's Book of Days*. New World Library.
19. Robb, Alice. *Why We Dream: The Transformative Power of Our Nightly Journey*. Mariner Books.
20. Schlain, Leonard. *The Alphabet and the Goddess: The Conflict Between Word and Image*.
21. Taylor, Jeremy. *Where people Fly and Water Runs Uphill: Using Dreams to Tap the Wisdom of the Unconscious*. Warner Books.
22. Ueland, Brenda. *If You Want to Write*. Graywolf Press.
23. Wangyal Rinpoche, Tenzin. *Tibetan Yogas of Dreams and Sleep*. Snow Lion.
24. Whitney, Mark, Director. *Matter of Heart: Wisdom of the Dream*. Film featuring Carl G. Jung and Marie-Louise von Franz.
25. Wise, Anna. *The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity*. TarcherPerigee.



## Selected Books by Tzivia



Gover, Tzivia. *Joy in Every Moment: Mindful Exercises for Waking to the Wonders of Ordinary Life*. Storey Publishing.



Gover, Tzivia. *The Mindful Way to a Good Night's Sleep: Discover How to Use Dreamwork, Meditation, and Journaling to Sleep Deeply and Wake Up Well*. Storey Publishing.



Gover, Tzivia and Lesléa Newman. *How to Sleep Tight Through the Night: Bedtime Tricks (That Really Work) for Kids*. Storey Publishing.