Download Free Martin And Malcolm America A Dream Or Nightmare James H Cone Pdf File Free

The Dream Book Complete
Dream Book Dream Have a Great Dream The Dream
Interpretation Dictionary
How to Catch A Dream: 21 Ways to Dream (and Live)
Bigger and Better The Color of a Dream Complete Dream
Book, 2E Dream Changer Life
Is Only a Dream: What I Have Heard The Universal
Dream Book The Best Dream Book Ever Bigger Than a
Dream HAVE A GREAT
DREAM Inception and Philosophy The Complete A to
Z Dictionary of Dreams The Essential Dream Journal Death
Is But a Dream My Dream Book
God Loves Your Dream This Is All a Dream We Dreamed
The Mexican Dream The Book of Waking Dreams Dream
Journey You Are a Dream
Book of Dreams A Dream to Follow (Return to Red River
Book #1) The Dream Book
Dream and the Text, The
Dreams Are My Savior A
Dream or Reality? A Dream or
A Nightmare I Have a Dream
Martin and Malcolm and
America: A Dream or a
Nightmare LAW SCHOOL—A
DREAM—OR A NIGHTMARE?
Dream Dictionary Dream
Power Lucid Dreaming For
Beginners It Was All a Dream
The Dream Book

Have A Great Dream; The Workbook is the companion to Layne Dalfen's well known, Have A Great Dream; Decoding Your Dreams To Discover Your Full Potential. In this
Workbook you will discover the dream is the conversation you have with yourself as you attempt to come to a conclusion about a problem you are facing in your current life, and the solution to the problem appears in your dream! Employing insights from Freud, Adler, Jung, and Gestalt schools, dream expert Layne Dalfen’s eclectic approach shows you how to recognize and use Four Levels of dream analysis to achieve your maximum potential. The Now-Classical Dream Reference Jam-packed with all-new material, including astonishing new scientific discoveries, Internet dreamsites, new categories, and new links, the bestselling Dream Dictionary is bigger and better than ever before. Let dream therapist Tony Crisp be your guide on one of the most enlightening journeys you will ever take: into the world of your unconscious mind. From Abandoned to Zoo, based on material from thousands of dreams gathered during three decades of research, this essential reference is alphabetically organized, providing instant access to a wealth of fascinating information about: • Recurring Dreams and their significance • Nightmares—what they reveal and how to banish them • Relationships—what your dreams are telling you • Work—are you following the right career path? Your dreams will tell. • Family—how to resolve old hurts and gain new perspectives • Problem Solving in your dreams—how to carry the solutions into real life • Gaining Insight into your own behavior and that of others • Maximizing Health—recognize healing foods, danger signs, and more

See what is happening in your body, in your mind, and in your most guarded self and intuitions. . . . Discover what your style of dreaming (color, smell, setting, and other key elements) says about you. It’s all here, and more, in the ultimate guide to your world of dreams! Have you ever had one of those dreams that seemed so
real that you couldn't believe that it was all in your head? Even though dreams don't last very long, yet you wish they could last a lifetime. This is a story about a woman, Francesca who falls into a dream that she wishes would come true. Only her Grandma Rose knows if it was real or not, or a premonition of what could happen in Francesca's future. The Essential Dream Journal is a dream journal and dream interpretation guide together in a single beautiful volume. From a talented young journalist on the rise, a deeply reported, timely new biography of the Notorious B.I.G., publishing for what would have been his 50th birthday The Notorious B.I.G. was one of the most charismatic and talented artists of the 1990s. Born Christopher Wallace and raised in Clinton Hill/Bed Stuy, Brooklyn, Biggie lived an almost archetypal rap life: young trouble, drug dealing, guns, prison, a giant hit record, the wealth and international superstardom that came with it, then an early violent death.

Biggie released his first record, Ready to Die, in 1994, when he was only 22. Less than three years later, he was killed just days before the planned release of his second record Life After Death. Journalist Justin Tinsley’s It Was All a Dream is a fresh, insightful telling of the life beyond the legend. It is based on extensive interviews with those who knew and loved Biggie, including neighbors, friends, DJs, party promoters, and journalists. And it places Biggie’s life in context, both within the history of rap but also the wider cultural and political forces that shaped him, including Caribbean immigration, the Reagan era disinvestment in public education, street life, the war on drugs, mass incarceration, and the booming, creative, and influential 1990s music industry. This is the story of where Biggie came from, the forces that shaped him, and the legacy he has left behind. The average person will dream over 150,000 dreams in a lifetime--each one a complex web of
imagery and deeper meaning. The Complete Dream Book uses the interpretation of 28,000 actual dreams from contemporary dreamers, just like you, to help you access the substance and meaning of your own dreams. Discover: --Who's who in your dreams --Which dreams recur during certain life stages --The true meaning behind your nightmares --Why you have certain dreams again and again --How to tell if a dream is worth interpreting--and if you've done it correctly --The phenomenon of precognitive dreams The Complete Dream Book is the only dream interpretation book based on concrete data about real people's dreams and how the real events in their lives relate to their nighttime visions. Unravels dream symbols and their meanings What do reoccurring dreams reveal? What's the purpose of nightmares—and can they be stopped? Why do some people show up in dreams? Are some dreams actually warnings? Going beyond superficial explanations, The Dream Interpretation Dictionary: Symbols, Signs and Meanings brings a deep and rich understanding to a variety of images, signs, and symbols. It considers the context to help anyone complete their own personal jigsaw puzzle. It provides the tools to allow anyone to sort through possible connections and to make sense of their dreams. From entries ranging from “Abandonment” to “Zoo,” this massive tome analyzes sex dreams, money dreams, dreams of falling, running, or paralysis and much, much more. It brings profound insights to thousands of dream messages. It shows what to look for and what to ignore and teaches how to master dream interpretation. Examples of symbols are given. The complexity and context of a dream are explored. Signs and their meanings are illustrated. Illuminating the intelligence of dreams, decoding clues, explaining symbols, and revealing the universal meanings of each as well as their subtler associations, The Dream
Interpretation Dictionary: Symbols, Signs, and Meanings explores the messages delivered by the unconscious mind during sleep. It examines how dreams connect to daily life. It shows how dreams can lead to deeper understanding and self-awareness. Also included are a helpful bibliography and an extensive index, adding to the book’s usefulness. A book about dream analysis helps teens and pre-teens find meaning in their dreams, which could lead to a better understanding of oneself and one's desires. I was born during the depression of the 1930's so I learned early in life that opportunities and other things in life were most precious when I worked hard and earned them. My father fell ill while I was in my teens so money was in short supply. I had to defer my law studies until after I was married and employed, but with the urging and support from my dear wife I graduated from LaSalle Extension University with a law degree after our four children were born. Since I was already established in the insurance claims business by then I chose to stay in that field as a consultant rather than enter into a law practice. I am glad I did. I am a firm supporter of the constitution of the United States and as the years passed I watched the abuse heaped upon it by the federal government, and the judiciary in particular and that motivated me to write this book in the hopes that it might enlightening to enough people to cry for correction a difference might be effected.

LLOYD S. FOOTE Ever since the first person woke up yawning and stretching from the first sleep, dreams have intrigued humankind. At some point all of us have been mystified or terrified or delighted by a vivid dream, and we all wonder -- what do our dreams mean? In her inspiring book, Dream Power, Los Angeles Times dream columnist Cynthia Richmond draws on her experience as a therapist and dream counselor to show us how to harness the power of our dreams and make
our life goals come true. Understanding our dreams can give us a huge advantage in all facets of life, Richmond demonstrates -- in work, love, health, and spirituality. "By listening to what your subconscious mind and your spirit tell you through your dreams," she predicts, "you will have all the tools you need to achieve the life you want." But before we can interpret our dreams -- and change our lives -- we need to learn how to remember them, and so Dream Power begins with a simple tutorial in the art of recall. After providing us with practical, step-by-step techniques for gaining access to our dream lives, Richmond then charts the landscape of dream themes and their rich, perplexing meanings. Most of us have dreams that fall into certain important categories -- dreams of departed loved ones, schools and tests, flying, water, public nudity, and sex. Analyzing more than 200 real-life dreams (some from celebrities such as Jane Seymour and Kelsey Grammer), Richmond reveals the common themes, symbols, and meanings that run throughout them. Our dreams express universal hopes and fears, and these Richmond explores with warmth and insight. But she also takes traditional dream interpretation an important step further, showing us how to transform our insights into life-changing opportunities. To understand our dreams fully, she insists, we must look deep into our hearts and souls and ask: What do we want out of our lives? What are we afraid of and what do we love? Who are we? The answers to these questions will come to us in our sleep, if we recognize the wisdom and truth of the dream world. "Every one of us has a lesson to learn and a gift to offer to the world," Richmond declares. The wisdom of those lessons can help us make powerful changes in our spiritual, social, professional, and romantic lives. As Cynthia Richmond shows us with authority and inspiration, the path to a better life is only a
dream away. Presents a collection of short readings and illustrations that help readers think about their hopes and dreams. You Are a Dream is a book for creatives asking: "How do you make your dreams come true?" In order to find a meaningful answer, You Are a Dream challenges you to go beyond your comfort zone by bringing full awareness to your creative work and your life. Designed as a mini-workshop, and packed with exercises, this book is an introduction to the Creative Dreaming Method, a complete system for boosting creative thinking and strategic action. If you're ready for big changes in and out, this is the book you've been waiting for. Weird dreams -- what if they're not the result of that nacho cheese dip you ate too close to bedtime? What if they are really messages from God so wrapped in symbolism that you're not recognizing them for what they are? Throughout the Bible, God spoke to His people through dreams, and He's still doing it today. He wants to speak to you this way! The Dream Book gives you the keys to understanding your dreams. Topics include: How to discern whether your dream is from God, yourself, or the enemy of your soul God's varied purposes in speaking through dreams Creating an environment for God-dreams Understanding the language and mechanics of dreams How to tell the difference between literal and symbolic dreams Practical principles for accurate dream interpretation Common dream themes and symbols Dreams as tools for intercession How to interpret other people's dreams ... and more. The Dream Book includes an extensive dictionary of Bible symbols with references. It is 1893 and the first generation of immigrants who came to America for the promise of free land and a good life for their children have finally achieved their dreams. They labored hard on the land and now have a bountiful heritage to pass on to the next generation. However, many of the young
people aren't interested in becoming farmers—they have aspirations of their own. Thorliff Bjorklund has been writing stories and plays since he was a young boy and longs to attend college to study journalism. But his father has other plans for him and refuses to agree. Thorliff is torn between love for his father and the pull of his dream. Must he choose between the two? If you or someone you love suffers from bad dreams, there is hope. Throughout the Bible, God uses dreams to speak to His people—and He still does today! But what happens when you have a dream that seems confusing, or worse, feels like an attack from the enemy? Thankfully, we no longer have to live with fear, helplessness, or confusion when we encounter bad dreams or nightmares. This practical guidebook will reveal how to partner with God to change bad dreams into a strategy that will defeat the plans of the enemy and provide renewed confidence, peace of mind, and a closer relationship with the Lord. From USA Today bestselling author Julianne MacLean comes an emotionally charged tale about the power of a dream, and the importance of never giving up on second chances... While recovering from a heart transplant, Nadia Carmichael is haunted by a recurring dream that sets her on a path to discover the identity of her donor. Her efforts are thwarted, however, when the father of her baby returns to wreak havoc on her life. It’s not until Nadia learns of his estranged brother Jesse that she begins to explore the true nature of her dreams, and discover what her new heart truly desires... While each novel in the series can be read as a standalone, there are many more books to love in this series. Book One: THE COLOR OF HEAVEN Book Two: THE COLOR OF DESTINY Book Three: THE COLOR OF HOPE Book Four: THE COLOR OF A DREAM Book Five: THE COLOR OF A MEMORY Book Six: THE COLOR OF LOVE Book Seven: THE COLOR OF THE SEASON Book Eight: THE
People fear death. We don't know how to talk about it, especially to children, and we're afraid to bring it up for fear of making people sadder. Yet children, especially, have questions, and this incredibly gentle and surprisingly light story is full of both comfort and vividly imagined "answers." The first one gives the book its title: A boy hears the voice of his sister calling him one day, a sister he's never met because she died before he was born. The sister in the faded photograph on the wall. So that night he asks his mother what death is like and she tells him, "It's like dreaming, only bigger." That's lovely, but he still has questions, which it turns out his sister can answer! On a dreamy, carefree adventure they ride their bikes together, (not always on the ground), visiting places that were special to her when she was alive. And she talks to him in the older sister, teasing, straightforward, loving way that is exactly what he needs. (It turns out that death is not the only thing that can be Bigger Than a Dream.) Much, much more than bibliotherapy, this is a work of art that speaks with honesty and tenderness about one of life's great mysteries. A philosophical look at the movie Inception and its brilliant metaphysical puzzles Is the top still spinning? Was it all a dream? In the world of Christopher Nolan's four-time Academy Award-winning movie, people can share one another's dreams and alter their beliefs and thoughts. Inception is a metaphysical heist film that raises more questions than it answers: Can we know what is real? Can you be held morally responsible for what you do in dreams? What is the nature of dreams, and what do they tell us about the boundaries of "self" and "other"? From Plato to Aristotle and from Descartes to Hume, Inception and Philosophy draws from important philosophical minds to shed new light on the movie's captivating themes, including the one that everyone talks
about: did the top fall down (and does it even matter)?
Explores the movie's key questions and themes, including how we can tell if we're dreaming or awake, how to make sense of a paradox, and whether or not inception is possible.
Gives new insights into the nature of free will, time, dreams, and the unconscious mind.
Discusses different interpretations of the film, and whether or not philosophy can help shed light on which is the "right one".
Depends your understanding of the movie's multi-layered plot and dream-infiltrating characters, including Dom Cobb, Arthur, Mal, Ariadne, Eames, Saito, and Yusuf.
An essential companion for every dedicated Inception fan, this book will enrich your experience of the Inception universe and its complex dreamscape.
A record of the writer's actual dreams is populated by characters from his novels. Our dreams give us insights into hidden truths and guide us to solutions to our problems. In Have A Great

Dream: Decoding Your Dreams To Discover Your Full Potential, dream expert Layne Dalfen gives readers an in-depth look at how to recognize and use dream decoding to achieve our maximum potential in every area of our lives.
Layne's approach is unique, combining insights from Freud, Adler, Jung, and Gestalt schools. Packed with dream charts, journaling techniques, and fascinating true success stories of people who have worked with this system, Have A Great Dream will transform-for the better-the life of every dreamer.
Did you ever have a waking dream somewhere between awake and asleep, or maybe a dream or nightmare that was so real that you felt all that was in the dream or you were not really dreaming? You felt all the pain, stress, joy, sadness—all the human emotions that were part of that dream? Strange dreams that made no sense at all or some making some sense to you or to others you told? Did you consider that maybe you were given that dream so you
could learn from it or didn't give it much thought? Have you ever thought that maybe your dreams, especially the more of a waking dream, the more detailed and vivid of your dreams, were maybe your past lives' experiences intruding on this life or what you should do in the future in this life? Maybe there was a message in your dreams that you were to not only learn from but are also there to tell you to take or not take certain actions? These are the stories of the Dream Man, the last member of his Tibetan clan who like his relatives before him, hears the dreams of sentient beings and influences them to put the dreamers on their Karma's path. From Dr. Martin Luther King, Jr.'s daughter, Dr. Bernice A. King: “My father’s dream continues to live on from generation to generation, and this beautiful and powerful illustrated edition of his world-changing "I Have a Dream" speech brings his inspiring message of freedom, equality, and peace to the youngest among us—those who will one day carry his dream forward for everyone.” On August 28, 1963, on the steps of the Lincoln Memorial during the March on Washington, Martin Luther King gave one of the most powerful and memorable speeches in our nation's history. His words, paired with Caldecott Honor winner Kadir Nelson's magnificent paintings, make for a picture book certain to be treasured by children and adults alike. The themes of equality and freedom for all are not only relevant today, 50 years later, but also provide young readers with an important introduction to our nation's past. Hold on to your Dreams! Have you ever had a dream that you knew was filled with meaning and later in the day you wonder what it was? Use this journal to capture those dreams as soon as you remember them; record your thoughts about symbols and meaning; and come back later to contemplate what message they contained for your life. Finally, a guide to interpreting dreams and intuitive symbols that anyone can use! Whether
you've worked with dreams and symbolism all your life or have never remembered a dream before, The BEST Dream Book Ever will show you simple approaches to understanding and interpreting dreams, symbols and psychic images. This insightful volume contains real-life dreams and a description of how they were interpreted using such tools as working with themes and emotions, evaluating the dream in the context of current life events, and, of course, understanding symbolism. This book also includes a more than 500-word comprehensive symbols dictionary to help you interpret hundreds of common symbols and images, as well as practice dreams at the end of each chapter for you to interpret on your own. You’ll also explore a psychic game, “Conscious Dreamplay” – the ability to obtain personal guidance and intuition on virtually any question imaginable while in the waking state! A simple step-by-step approach will enable you to work alone or with friends and discover the depth of wisdom and insight that has always been available to you – you just never knew where to look for it. This groundbreaking and highly acclaimed work examines the two most influential African-American leaders of this century. While Martin Luther King, Jr., saw America as "a dream . . . Cone cuts through superficial assessments of King and Malcolm as polar opposites to reveal two men whose visions were moving toward convergence. (Orbis Books) Have you ever woken from a dream (or nightmare) and wished that you could have changed the ending? If so then continue reading... Lucid dreaming is the art of taking control of your dreams. It has been practiced throughout history but until recently the way in which Lucid Dreaming works has been a mystery to most people. Are you one of them? Today, science has begun to understand the way in which the two sides or our brains work together to form our personalities. In particular,
the importance of our unconscious mind is now better understood than ever before. Lucid Dreaming can help you to solve problems, develop your creative side and even reduce stress and depression if practiced properly. This book will teach you in simple steps to take control of your own mind and to access a deeper level of consciousness than ever before! Here Is a Preview of what you'll get inside... What Lucid Dreaming Really Means? The History and Modern Understanding of Lucid Dreaming The Benefits of Lucid Dreaming How Lucid Dreaming Can Help You to Develop New Skills The Top Tips and Tricks to Begin To Practice Lucid Dreaming And much much more... This book will take you through the simple steps required to begin to control your dreams. The book also looks at the benefits and the practicalities of Lucid Dreaming. The techniques described have been gathered together from expert sources and are designed to be simple to use and easy to learn. If you want to learn all these and a lot more then this book may be perfect for you! Click "Add to Cart" to receive your book instantly! If you've ever woken up thinking 'What was that about?' This fascinating dream dictionary with over 12,000 definitions will explain everything and help you become your own dream expert. Written by highly respected Dream Psychologist Ian Wallace, this comprehensive guide will help you interpret the imagery you see in your dreams and analyse the hidden meaning and messages within them. By exploring your dreams in this way, you'll reach a deeper understanding of what you really want in life - and work out how to achieve it. Whether you dream about flying above canyons, your teeth dropping out, missing the bus or standing naked in a crowded room, Ian will help you understand what your unconscious is trying to tell you and how you can use your dreams to help you live a rich and fulfilled life. After all,
dream is just a dream until you put it into action ... Helps you explore your dreams and to learn from them. When I was a child, I thought as a child, I lived as a child, and behaved as a child. And so, I treated my mother with disrespect. After her passing, I recognized what she told me was eternal, whole, and alive. In fact, all the life events that appeared to me have faded and transformed. I cannot feel or know anything of my former life...her true state was revealed to me after nearly 5 years of her death. This form is always before me even when I do not know it, acknowledge it, or feel it. But I can honestly say she is NOT dead. She lives and I can say this with absolute clarity. Why? Because her words ring true in me which I share with you here. The Truth can never die. Yet, I no longer recall the past I shared. It is like a dance in the fog, without the senses, only the feelings and vibrations and these are palpable and eternal. Dreams are my Savior I never knew there was a limit On the number of dreams one could dream at night Hearing such news gave me an awful freight I am an inveterate dreamer who Dream in clusters Dreams are all around me every Day Exploding in my head Even before I go to bed My mind is flooded with dreams Can you drown in your dreams? Can you be overwhelmed by your Dreams? Can your dreams cause you to Lose contact with reality? Dreams are often better than reality. Isn’t that why we dreams To escape often excruciating pain while awake Sometimes dreams are better than The existence of deranged world Or when you want to get over the Hurt when you’ve lost your lover Or a job that didn’t appreciate Your gifts Your insights Your wit And these slight made you quit And take shelter in a dream or Two That is what I do It keeps me sane and alive To face the waking days Dreams are my savior So, let dreams be praised Fifty years after the Grateful Dead was formed, the band still exerts a powerful influence over hundreds of thousands of fans around the
world. Today, an entire generation of Deadheads who have never experienced a live Dead show are still drawn to the music and the complex and colorful subculture that has grown up around it. In This Is All a Dream We Dreamed, Blair Jackson and David Gans, two of the most well-respected chroniclers of the Dead, reveal the band’s story through the words of its members and their creative collaborators, as well as a number of diverse fans, stitching together a multitude of voices into a seamless oral tapestry. Woven into this musical saga is an examination of the subculture that developed into its own economy, touching fans from all walks of life, from penniless hippies to celebrities, and at least one U.S. vice president. The book traces the band's evolution from its folk/bluegrass beginnings through the Jug Band craze, an early incarnation as Rolling Stones wannabes, feral psychedelic warriors, the Americana jam band that blazed through the '70s, to the shockingly popular but still iconoclastic stadium-filling band of later years. The Dead broke every rule of the music business along the way, taking risks and venturing into new territory as they fused inspired ideas and techniques with intuition and fearlessness to create a sound-and a business model-unlike anything heard and seen before. The first book to validate the meaningful dreams and visions that bring comfort as death nears. Christopher Kerr is a hospice doctor. All of his patients die. Yet he has cared for thousands of patients who, in the face of death, speak of love and grace. Beyond the physical realities of dying are unseen processes that are remarkably life-affirming. These include dreams that are unlike any regular dream. Described as "more real than real," these end-of-life experiences resurrect past relationships, meaningful events and themes of love and forgiveness; they restore life's meaning and mark the transition from distress to comfort and
acceptance. Drawing on interviews with over 1,400 patients and more than a decade of quantified data, Dr. Kerr reveals that pre-death dreams and visions are extraordinary occurrences that humanize the dying process. He shares how his patients' stories point to death as not solely about the end of life, but as the final chapter of humanity's transcendence.

Kerr's book also illuminates the benefits of these phenomena for the bereaved, who find solace in seeing their loved ones pass with a sense of calm closure. Beautifully written, with astonishing real-life characters and stories, this book is at its heart a celebration of our power to reclaim the dying process as a deeply meaningful one. Death Is But a Dream is an important contribution to our understanding of medicine's and humanity's greatest mystery. This book partakes of a long tradition of dream interpretation, but, at the same time, is unique in its cross-cultural and interdisciplinary methods and in its mix of theoretical and analytical approaches. It includes a great chronological and geographical range, from ancient Sumeria to eighteenth-century China; medieval Hispanic dream poetry to Italian Renaissance dream theory; Shakespeare to Nerval; and from Dostoevsky, through Emily Brontë, to Henry James. Rupprecht also incorporates various critical orientations including archetypal, comparative, feminist, historicist, linguistic, postmodern, psychoanalytic, religious, reader response, and self-psychology. God placed a special dream in your heart that only you can fulfill. He's given you a purpose for your life and if you will walk with Him, you will see that purpose completed. We are each on a special journey toward fulfilling the dreams God has placed in our hearts. It is a road filled with rapid increase, sudden setbacks, and baffling blind alleys. Nevertheless, I promise you that your journey will bring you closer to God. As you draw closer, you will discover that
God loves your dreams as much as you do. He wants you to share these dreams with Him, to allow Him to guide you and help you along the way. I assure you: God will always provide an answer to your prayer. You are never alone; God is always near. And more than anything else . . . God loves you beyond measure. How to Catch A Dream is the ultimate toolkit to become a lucid dreamer to create a happier and more fulfilling waking life. ‘Theresa Cheung shows us that the way forward is to understand that consciousness/spiritual awareness is the fundamental ground of all experience.’ DEEPAK CHOPRA

Reflects upon what Aztec civilization might have become had it survived. What does it mean if you dream you're being chased by someone in a dream night after night? What if you're flying, or falling, or spitting out teeth? Should you be embarrassed if you happen to be walking through Grand Central Station in the nude? You dream every night, even if you don't remember your dreams. Dreams are an important key to self-discovery, offering insight, guidance, and inspirations. All dreams—even nightmares—contain positive messages. The trick is learning to decipher the symbolism so you can understand what your dreams are trying to tell you. The Dream Book: includes interpretation of 1,650 dream symbols, along with explanations of recurring dreams, prophetic dreams, violent dreams, dreams about snakes, about sex, money, death, and more. You'll also learn to remember your dreams more clearly and discover ways to use them to solve problems in waking hours. The pages of this book will discuss a little bit about the reasons for migration and its consequences. The questions are raised and analyzed what is what motivates migrants to leave their land, family, friends, and in many cases possessions which are often poorly sold (losses) to afford the expenses of the trip. It is not intended at
all to propose a solution to this phenomenon or problem as some describe it, but to capture in a general way the panorama of migrants, their experiences and vicissitudes, mainly in America, and to motivate a little to awareness on this situation that generates this so-called "American Dream" which for most people in too many cases ends in a nightmare. The hardships and experiences suffered by migrants in general. It should be clarified that other books or articles may have already been written addressing this topic, however, I have not read anyone about it, only some articles and also I know of this subject by what it is seen in the news and what I lived on my own. Here are described some specific stories and cases in which this so-called "American Dream" did not end as it was figured out by those who experienced it. In addition to the statistical data provided in this book for which a full research work has been done through different websites, the stories of those who and for whom this so-called dream became a nightmare or simply the dream ended in its own beginning, that is, it did not even begin. Success stories are also told, the book intends to point what has been called "dream" from two sides or two points of view, although it should be clarified that originally it was not conceived to raise it that way, however, it would be unfair to raise only the negative side, as also focusing only on the "positive" side (if we can call it so). So, the reader will have an overview of this phenomenon and then form his own concept and draw his own conclusions. By clarification, this book emphasizes the stories of immigrants for which this so-called dream was not only possible, but it even went beyond their expectations, so that this so-called "dream" could be seen in these two ways. It is now necessary to be clear that North Americans like immigrants have their own dreams. It is a fact that all human beings are dreamers, whether we are white, mixed
or natives Americans, whether Asian, European, African, etc. We all dream of a better tomorrow, of a better life, of well-being, with financial comfort, and with happiness for us and ours. Dreaming is inherent to the human being. In the end, the reader will find a reflection on this topic, on this so-called «American Dream». However, it is necessary to clarify that this is neither a book for nor against migration, nor is it neither for nor against this so-called "American Dream", since, although in many cases the purpose was not achieved, it is also true that in more than one case, those who emigrated, were able to achieve their purpose, or their “dreams”. If you are willing to fulfill this “dream”, you must also be willing to pay the cost of making it true. It is about giving the elements to the reader to evaluate on their own whether it is worth the risk, knowing and being aware that everything in this life has a price, but no dream is worth it if the result is hardship, sadness, loneliness, high sacrifices and in the worst case, death. It may be as a bit of advice, a warning to those who have not yet emigrated and to those who have already done so, so that they may reflect on whether effort or sacrifice was worth it.

idahotrail.org