Warner Books Presents

I HAD THE STRANGEST DREAM...
The Dreamer’s Dictionary for the 21st Century
by Kelly Sullivan Walden
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For Immediate Release

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“What do our strange dreams mean?”

Los Angeles, CA—Kelly Sullivan Walden answers this question and more in I HAD THE STRANGEST DREAM...The Dreamer’s Dictionary for the 21st Century (Warner Books)—the modern-day antidote for understanding our dreams and our unconscious mind in our hyper-speed, super-sized, triple-venti times.

Kelly Sullivan Walden decodes symbols ignored by other experts including: Frappuccino - Hybrid Car - Reality TV - i-Pod Match.com - Sex - Viagra - “Brangelina”.

According to Kelly Sullivan Walden: “Understanding the symbolism behind these 21st Century words will help you keep up with your dreams that are trying desperately to keep up with you!” Not only does Kelly interpret traditional symbols (think falling, teeth falling out, and childhood home) hers is the only book to include 21st century symbols (think Botox, Oprah, Bling Bling)—what else would you expect from someone with 16 years of experience.

I Had The Strangest Dream...
The Dreamers Dictionary For The 21st Century
by Kelly Sullivan Walden
Warner Books Trade Original
ISBN: 0-446-69603-X
$14.99 / 385 pages
About Kelly

Dream Doctor, Kelly Sullivan Walden is a Certified Clinical Hypnotherapist and author of “I Had The Strangest Dream...the Dreamer’s Dictionary for the 21st Century.”

Kelly began her dream research at the age of five! Growing up, Kelly and her younger sister shared a room. Every morning, the two girls would wake up excited to share their dreams and compare notes about what they thought their nighttime adventures might have meant. They bought every dream dictionary they could find and poured through them to widen the spectrum of their understanding. When Kelly grew a little older she became interested in Carl Jung, Carlos Castaneda, in addition to many other spiritual and esoteric teachers, who took her understanding of dreams to a deeper level.

Some years ago, when Ms. Sullivan Walden became a certified clinical hypnotherapist, she began working with clients via their subconscious minds to access their core beliefs, drives, and desires, in order to more effectively assist them to heal from past traumas and to align with their future goals.

Over her years of working with hundreds of clients, Kelly began to see the impact their dreams were having on them. When Kelly realized that no dream books on the market dealt with contemporary symbols or synthesized the realm of dream interpretation in the life-affirming way she did, she felt compelled to write her latest book, I HAD THE STRANGEST DREAM, THE DREAMER’S DICTIONARY FOR THE 21ST CENTURY.


Immediate Past President of the L.A. chapter of Women’s National Book Association, Kelly is also the creator/founder of The Dream Project (www.DreamProjectUN.org), an educational program that inspires students (grades 6-12) to discover and invent solutions to the United Nations’ Millennium Development Goals (goals to combat, by 2015: poverty, hunger, disease, illiteracy, environmental degradation, and discrimination against women.

The highlight of Kelly’s career, thus far, happened recently, when she spoke at United Nations in Paris, France. (Click here to see Video)

Kelly and her husband, Dana Walden, divide their time between the hustle-bustle of Los Angeles and the serenity of a 40-acre ranch outside Santa Fe, New Mexico.

Popular media guest, Kelly Sullivan Walden has appeared on over 100 media outlets. The following are just some of her TV shows she has guested on while promoting her books and talking dreams...

- FOX News-regular guest on the Ask Dr. Manny - Alvarez Show
- FOX News New York (regular guest)
- KTLA News (Los Angeles)
- FOX News San Diego (regular guest)
- FOX News Nashville
- Talk of the Town (Nashville)
- FOX News Chicago
- FOX News Boston
- FOX News Detroit
- NBC News Miami
- ABC News Portland
- FOX News Columbus
- NBC Midday Phoenix
- ABC Phoenix
- E!-Host-Interview with Dr. 90210
- The Tom Green Show
- Discovery Health’s “Berman & Berman, For Women Only”
- BraveHeart Women
- Academy Awards Red Carpet Celebrity Interviews
- Feel Good TV-Pilot Co-Host
Speaking Engagement Menu

In Kelly’s presentations you will discover her groundbreaking way of interpreting dreams that will positively alter the way you interpret your life, and add rocket fuel to your ability to manifest the life of your dreams. Her presentations include:

**Dream Yourself Awake**
Learn to decode the messages hidden in your dreams: your hopes, your fears, your unrealized strengths and potential. Learn through Kelly’s 6-step dream interpretation formula and the 4 Keys to unlock the treasure chest of your dreams, the best way to utilize your dreams as a tool to improve your wealth, health and happiness.

**Dream Theatre**
In the Dream Theatre, dreams are brought to life. By seeing dreams acted out on a stage, you will learn how to decode the message of your dreams, and redirect them to unfold in a way that reconnects you with your power, freedom, peace, and passion. Direct your dreams, direct your life.

**12 Keys to Your Dream Life**
Discover your unique, one of a kind “essence of success” and the twelve keys that can make your dreams come true.

**Turn Your Drama into Phenomena...in 3 Steps**
Through a 3-step process, learn to accelerate your enlightenment process, by pressing the fast-forward button on your remote control, so that you can play the scene in the movie of your life where you become awakened to your best self.

**From Drama Queen to Goddess Queen**
There’s a Drama Queen /Drama King in the best of us, and a Goddess Queen/Divine King in the worst of us. Learn the ABCs of transformation from the author of Discover Your Inner Goddess Queen. Turn your drama into phenomena so you can move from the Lack Shack into the Mansion of Expansion...in your love life, career and finances!

Kelly can present her transformational material in the time frame that meets your needs. Available to you are One hour, Two Hour, Keynote, 6-hour, all day, 2 day, and 5 day presentations.

To schedule Kelly to speak at your event or to inquire about rates, contact: info@ihadthestrangestdream.com or 323-893-3028

To view rates CLICK HERE
Educational Materials  Kelly can provide your audience the following materials:

**Book:** “I Had the Strangest Dream...the Dreamer’s Dictionary for the 21st Century”  
Retail cost: $14.95  
Your cost: $9.95, (plus s/h)

**Book:** “Discover Your Inner Goddess Queen...an Inspirational Journey from Drama Queen to Goddess Queen”  
Retail cost: $19.95  
Your cost: $11.97 (plus s/h)

**Journal:** “Goddess Queen Pearls of Wisdom Journal”  
Retail cost: $19.95  
Your cost: $11.97 (plus s/h)

**CD:** “Goddess Queen Visioning Journeys”  
Retail cost: $14.95  
Your cost: $9.95 (plus s/h)

**Goddess Queen Gift Set** (including Book, Journal, & CD)  
Retail cost: $65  
Your cost: $29.95, (plus s/h)
“I had the strangest dream!” How many times have you heard that expression fly out of your mouth, and in the telling of the tale, found yourself bewildered on that mystical bridge between sleep and awake, scratching your head, asking the question, “I wonder what that means?”

As we ponder what it all means, take heart in knowing that it is rare not to have a strange dream. In fact, we should be so grateful for our sojourn into the dream world. As scientific evidence demonstrates, depriving a person of their dreams for several days encourages psychotic tendencies in the awakened state. We could say that we need to dream more than we need to sleep!

Our nighttime journey begins when our conscious mind takes its bow for the day, exhausted from 16 hours of appropriate, politically correct behavior, stuffing animal instincts into man-made cubicles of efficiency and order, squelching our desire to make out with the sexy new co-worker, resisting the temptation to tell the boss to (bleep) off... dotting i's, crossing t’s... not to mention minding our p’s and q’s until we can’t see straight. Whew! The conscious mind collapses backstage while our subconscious mind, chomping at the bit, lunges forth onto the center stage for the Late Show of our lives where all that was suppressed by day, gets expressed by night.

In our fast-paced world of globalization, double half-caf-low-cal-no-whip-soy mochachinos and turbo-speed internet access; our dreams are working overtime to keep us sane.

Want to read more? CLICK HERE
Praise for...

I HAD THE STRANGEST DREAM... The Dreamer’s Dictionary for the 21st Century

“The lines of communication to God are not just open during the day, but are available 24/7. In fact, some of our most profound revelations may be coming to us through our dreams. I’m not sure that there is any such thing as “the last word” on dream interpretation, but Kelly Sullivan Walden’s 21st Century Dreamer’s Dictionary is a fascinating tool with which to begin. It opens us to a parcel of intriguing possibilities!”

Neale Donald Walsch Best Selling Author of the “Conversations with God” series

“In a world of abundant political, economical, and religious diversity, it is always inspirational to come across a film or book that puts us all on the same page. Kelly Sullivan Walden’s book, I HAD THE STRANGEST DREAM is one of those books. We all dream and we are all curious about the meaning of our nighttime adventures. Use this book not only to interpret your dreams, but as an enlightenment tool and a touchstone to remember who you are and why you came here.”

Steven Simon Producer/Director/Co-Founder of the Spiritual Cinema Circle

More great reviews? CLICK HERE
Testimonials

“I have invited Kelly Sullivan Walden to speak at several of our Women’s National Book Association meetings, and she always brings a high level of expertise and professionalism to her presentations. In addition to her abilities as a speaker, she engages her audience with warmth and enthusiasm. I know that the Women’s National Book Association has greatly benefited from Kelly’s knowledge and generosity.”

Ruth Light, President, Women’s National Book Association, LA Chapter

“Kelly helps you discover your unlimited potential. She creates an environment that allows you to release your fear... Without fear you can trust... With trust comes freedom... With freedom... You can fly!”

Vondie Curtis Hall, Emmy Award Winner and Director of NBC’s Emmy award winning series ER

“Kelly creates a wonderful space for birth, sharing, communication and sanity with sass!”

Cynthia Johnston, Consultant for videogame companies, creating virtual world, and emotional animation software

“I am grateful to Kelly for the amazing work she does and for creating such transformation in my life. She is an amazing woman with extraordinary gifts. I feel beautiful in her presence!”

Suzanne Rock Steirle, Founder of Young Women Encircle

“(I had the Strangest Dream) should find a permanent home on your night stand.” Read full review--Bookloons.com

“If you want to interpret your dreams and have some fun at the same time, be sure to add this book to your reading list!” Read full review--Bestsellerworld.com

“If you like to understand your dreams better, check out this book--just not at 3 a.m.” Read full review--ArmchairInterviews.com

“This will become an invaluable tool for all dreamers.”
Read full review--Booksinreview.com
Dream Decoder: Are dreams a window into our subconscious or just meaningless entertainment while we sleep?

BYLINE: By Alexia Elejalde-Ruiz, RedEye

What do your dreams mean?

Books give varying interpretations, but most experts agree that a dream should be interpreted in the context of what’s happening in the dreamer’s life, using some common dream themes and symbols.

“I Had the Strangest Dream: The Dreamer’s Dictionary for the 21st Century,” provides an A-Z guide to discerning the meaning of dream symbols—from dreaming of AA meetings (which signifies you’re taking steps in the right direction) to zucchini (which symbolizes a healthy sexual appetite).

Here’s what the book, authored by clinical Hypnotherapist, Kelly Sullivan Walden, says about some of our more common dreams:

**Flying:** Represents freedom, joy, confidence, creativity, independence.

**Surfing:** Represents oneness with nature and your ability to ride the ebbs and flows of life with mastery and grace.

**Flunking:** Represents feeling inferior, being overwhelmed, or that you are not engaged in your area of expertise.

**Being naked:** You have a desire for honesty and intimacy, or you fear others knowing your private thoughts and feelings. How you feel about being naked influences the interpretation.

**Teeth falling out:** You are venting your feelings of insecurity, powerlessness, financial stress or the loss or death of a family member.

**Driving:** Symbolizes your ambition and drive to succeed. Whoever is in the driver’s seat is influencing your direction. If you are a passenger, the dream may be telling you that you are in a state of passivity or surrender.

**Forgetting:** This usually indicates your fear of actually forgetting. Perhaps you are overwhelmed, or whatever you are forgetting is not very important to you.

**Bombs:** Symbolize transformation—old structures, ideas, patterns or relationships being blown to bits.

**Paralysis:** You are processing shock from a traumatic experience or loss of connection to your spirit.

**Sex:** Symbolizes your desire, creativity and passion. If you dream of having sex with a particular person, then you are connecting with that person.

--- Alexia Elejalde-Ruiz
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TELL US
Do you think dreams have meaning?
Tell us at ritaredeye@tribune.com.

Please include your full name, age and neighborhood.
LOAD-DATE: November 29
COVER STORY
Copyright Chicago Tribune Company
It’s the big day, you’re naked, and the bridesmaids have green hair. Sound familiar? Kelly Sullivan Walden featured in Brides Magazine.

four common dreams

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**You’re naked at the altar.**

A dream that your bride’s or groom’s wedding attire or something embarrassing may indicate that you’re nervous about being the center of attention. It can also mean that you’re still coming to terms with the changes marriage will bring. This dream is typical of someone who is embarking on an important change. 

**You’re marrying the wrong guy.**

This can be a particularly distressing dream—breathe a sigh of relief—it’s almost never means you think you’re marrying the wrong person. Whether you’re marrying your fiancé’s best friend or Simon Cowell, it means you’re too much into this,” says Holloway. “It’s likely your brain’s way of coming to terms with the whole gamble of marriage.”

**You’re late.**

Nightmares in which the wedding date is changed and then shown up, or you’re rushing to make it to the church on time, are “pretty straightforward anxiety dreams,” says Wiegmann. Since they symbolize that you’re feeling overwhelmed by a lack of time to take them as a reminder to delegate some chores to others and to set aside time for yourself.

**You’re inter.**

If you’ve ever been asked and realized you were having a lucid dream, Lucid dreaming comes naturally to some, others have to work at it. But being a lucid dreamer gives you the chance to change the course of distressing dreams. "Once you become aware of what you’re dreaming, you can choose whatever you want," says Wiegmann, who wrote Lucid Dreaming (Moments Point Press). Lucid dreaming can experience a whole new world. They might be just a dream... while it may take months of practice to become a lucid dreamer, Wiegmann warns by this tip: Before you go to sleep, keep a note of your own dreams or the dream visual cues, like a mirror, that will trigger awareness that you’re dreaming. "Say, ‘Tonight, when I wake up, I will wake up to a dream I’ve had’ and realize I’m dreaming.’" Wiegmann says. He also recommends that upon waking after a particularly vivid dream, you relax while thinking about the scenario and what you would have changed about it. You might go to the dream and into the dream with greater conscious awareness than what’s happening in reality.

**Must be dreaming...**

If you’ve never been asked to write down your dreams, you’re working on the most common dream as well as a collection of symbols and a dictionary of more than 9,000 dreams, dreaming and the genders so that you will keep a dream journal online with the ability to share and discuss your dreams with other members. The top 5 dream sites: Boundary Dreams, Lucid Dreams, DreamExplain.com, Lucid Dreaming, and Dreamplanning.com. Dreamplanning.com from the above dream sites, the most useful to browse daydreams is Dreamplanning.com.

Brides Magazine

It’s the big day, you’re naked, and the bridesmaids have green hair. Sound familiar? Kelly Sullivan Walden featured in Brides Magazine.
Weirded out by a sketchy hookup you conjured in your sleep? Relax. “Sex dreams are often metaphors.”
decode your dreams

Ever have one of those dreams where you think, What was that about? Where it’s so intense, the images play over and over in your head like scenes from a movie? Dream experts say those images can help you better understand what’s really going on in your life. Keep this guide by your bedside so you’ll have a place to write the next time you wake up from a wild dream!

describe your dream

Write down all the major things, people, and places you can remember.


Give your dream a title and subtitle—like if it were a movie, what would it be called?

now how does it relate to your life?

What people or feelings pop out at you from the last page? When you dream, your brain uses symbols to show you how you really feel about your life, reveal stuff you’re stressed about, and help you find solutions. No one gets what your brain is trying to say better than you do—write your interpretations here!

“It’s the possibility of having a dream come true that makes life interesting.”
—The Alchemist by Paulo Coelho
“This is such a flattering compliment,” says dream coach Kelly Sullivan Walden, author of I Had the Strangest Dream.
December issue ~ BOP magazine

When your fave celebs go to sleep, what’s going on their heads? BOP expert Kelly Sullivan Walden reveals the secrets behind the star’s dreams!
November issue ~ all you Magazine

Kelly’s book “I had the strangest dream... The Dreamer’s Dictionary for the 21st Century”... a must have gift.
Frequently Asked Dream Questions

1.) What does it mean if I am happily married but I continue to have “sex dreams” about the girl next-door?

Sex dreams are a very natural way to blow off steam and let our inner caveman or cavewoman go wild, so that you can awaken in the morning as the balanced, civilized, upstanding citizen that you are. Often people feel ashamed of their sex dreams, because their unedited, XXX way of being in their dreams can sometimes be vastly different than their proper, politically correct self-definition. As it is with most of our dreams, they are seldom translated literally. Perhaps you might consider sex as a metaphor for “joining”, “connecting”, “integrating”, or “embracing” the qualities that you ascribe to the “girl next-door”.

2.) What does it mean to dream about teeth falling out?

Because teeth are located in the mouth, any dream about teeth has a great deal to do with issues of communication and your ability to process, or “chew on”, the data that you have acquired throughout the day. If you dream of losing your teeth, then you are venting your feelings of insecurity, powerlessness, financial stress, or your feelings about the loss or death of a family member. Or, this could be a sign to clean up a communication that went awry.

3.) What does it mean to dream of flying?

Dreams of flying represent freedom, joy, expression, feeling light, confident, creative, independent, and that you are aware of a higher perspective. You are free from physical constraints or limitations as you connect with your true spiritual essence and access your true potential.

4.) What does it mean to dream of falling?

Dreams of falling symbolize a feeling of loss of control, a lack of confidence, and that you are loosing your step as a result of not having your feet firmly planted on the earth. This dream can symbolize that you are overwhelmed with the events in your life.

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For more faq's CLICK HERE
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