



# Taking the Fear Out of the Night: Coping with Nightmares

*Renate Daniel*

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## **Taking the Fear Out of the Night: Coping with Nightmares** Renate Daniel

Anyone who is plagued by nightmares night after night knows what a heavy burden these nocturnal apparitions represent: one is unable to resume sleep, often lies awake for a long time, and feels fearful, irritable or depressed the next day. What can help to take the fear out of the night? Understanding the message of nightmares is a first step toward relief. These energy-laden images can represent urgent questions stemming from the depth of the psyche. In this book, experienced Jungian analyst Renate Daniel demonstrates how one can succeed in finding appropriate answers to help understand and cope with nightmares.

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