



Bedtime Stories: A Unique Guided Relaxation Program for Falling Asleep and Entering the World of Dreams

Clarissa Pinkola Estés Ph.D.

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As a child growing up in a family of *cantadoras* (keepers of the old stories), Clarissa Pinkola Estés learned firsthand how a story told at bedtime can soothe away the troubles of the day and prepare the way for another night's dreams to follow. Now a beloved cantadora herself, Estés shares this treasured family tradition with you on *Bedtime Stories*, her own special collection of tales to relax and ease you to sleep.

Join this world-renowned Jungian analyst and bestselling author as she explores how to use stories as healing companions that open an aperture into the divine world of our dreams, as well as the meaning of archetypal figures like Mother Night and the Sandman, and themes such as renewal, enchantment and transformation. Includes original tellings by Dr. Estés of her bedside favorites, including "Sleeping Beauty," "The Mouse and the Lion," and more.

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