Dream Interpretation Memoir Encourages Self-exploration and Healing

Sally Kairouze announces release of ‘My Dreams and the Road to Self-Awakening – A Very True Story’

MELBOURNE, Australia (PRWEB) February 15, 2019 -- Drawing on the meticulously kept diaries of Sally Kairouze’s dreams, a rich resource containing 208 dreams, Kairouze takes readers on a personal journey through the most turbulent and traumatic years of her life in her book, “My Dreams and the Road to Self-Awakening – A Very True Story: 155 Dreams and Nightmares” (published by Balboa Press AU). The inspirational memoir shares Kairouze’s long road to self-fulfillment.

Kairouze felt hopeless post-immigration from Lebanon to Australia. After marrying and starting a family, she soon realized that she had unwittingly become part of a dysfunctional marriage that left her emotionally stressed and overwhelmed. As turmoil manifested in the most vivid and sometimes terrifying dreams, Kairouze’s journaling journey began. She discovered that traversing the paths to the darkest recesses of her own memory, experience, and perception would bring her ultimate healing.

Through reading “My Dreams and the Road to Self-Awakening – A Very True Story,” Kairouze hopes readers take away that dreams are not useless; they allow self-exploration and encourage a deeper understanding of the self. She states, “It is important to understand who you are and how you feel.”


“My Dreams and the Road to Self-Awakening – A Very True Story”
By Sally Kairouze
Softcover | 5.5 x 8.5 in | 178 pages | ISBN 9781504315753
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Available at Amazon and Barnes & Noble

About the Author
Sally Kairouze was born in the Lebanese village of Bsharri. At 18, she immigrated to Australia where she eventually married and started her family. She is an entrepreneur, innovator, writer, and mother of three children. She also organizes large group of senior women and help them deal with spirituality and real life issues. Kairouze currently resides in Langwarrin, Australia. She has also written “I Dream My Crisis Unfolding.”

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