



Anna Knakkegaard **The Dream Catcher**
Julie Dam **Drømmefangeren**



The sequel to *Jungle Dreams* is part magical bedtime stories, part manual for parents to help them gently calm the anxiety that sometimes hit children before bedtime.



Medical doctor and clinical hypnotist, **Anne Knakkegaard**, uses her specialised knowledge to create bedtime books based on soothing hypnosis techniques.

Architect, **Julie Dam**, uses her full artistic palette to create the sweet illustrations in bedtime story books

SYNOPSIS

'The Dream Catcher' uses the same hypnotic techniques that were introduced in *Jungle Dreams* and is meant as a read-aloud bedtime story about feelings and good dreams. The book helps the child to handle bedtime fears and contains sleep-inducing hypnotic techniques.

Hubert has lost his dream catcher and without it, he has trouble falling asleep. Therefore, he must go on a trip in the Dream Jungle to get help from his dear animal friends. Along the way, he has to deal with difficult emotions like disappointment, anxiety and anger. Luckily, Hubert has both sweet friends and a good imagination, and eventually he falls asleep...

The book also contains: facts about children's dreams, creative exercises for child and parents to handle nightmares and bedtime fears, a DIY dream catcher tutorial and sleep advice from Doctor Anna Knakkegaard.



Original Language: *Danish*

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Category: *Children's Books*

Sub-category: *Picture Books (5-8 years)*

Genre: *Non-fiction*

Themes: *Relaxation*

Territories Handled

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