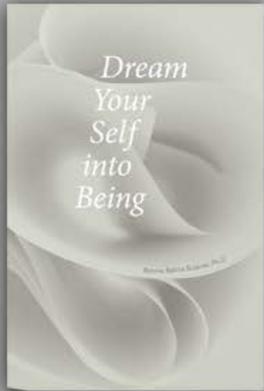


# ***“DREAM YOUR SELF INTO BEING”***

**By Dr. Bonnie Buckner**

## **MEDIA KIT**



*Dream  
Your  
Self  
into  
Being*

Announcing Dr. Bonnie Buckner's new book  
***Dream Your Self into Being***  
Available March 16, 2013

"In this important contribution to the understanding of how dreams can help us in our life journey, Dr. Buckner skillfully blends personal anecdotal recounting with deeply wise and pragmatic guidance, a blend that enables the reader to learn and apply the wisdom of Dream in a user-friendly fashion."

--Rabbi Gershon Winkler, PhD, author of *Magic of the Ordinary: Recovering the Shamanic in Judaism*



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**FOR IMMEDIATE RELEASE**  
March 2013



## **Compelling New Book Shows You How to Get in the Driver's Seat of Your Daily Life by Understanding Your Dreams**

**"Dream Your Self Into Being" Launches Nationwide March 16, 2013**

Los Angeles, CA – March, 2013 – The compelling new book by Dr. Bonnie Buckner, [\*Dream Your Self Into Being\*](#), will officially launch on Saturday, March 16, 2013, and is being made available to readers in print and electronic forms at [Amazon](#), [Barnes and Noble](#) and other bookstore outlets nationwide.

Everyone dreams – but do you know what your dreams are telling you? In her revolutionary new book, *Dream Your Self into Being*, Bonnie Buckner, PhD., proves that dreaming can help you take control of your life by showing you how to understand and use the messages of your dreams as tools for powerful, personal transformation.

Dr. Buckner teaches business and creative professionals worldwide how to unlock their imaginations and unfold into their greatest versions of themselves. Using an ancient Kabbalistic lineage of dreaming and imagery techniques she has helped CEOs, politicians, award-winning writers and filmmakers and social entrepreneurs to overcome challenges and blocks to accomplish what they otherwise thought was impossible.

"Dreaming puts you in the driver's seat of your life. It's the most practical thing you can do," explains psychologist Bonnie Buckner, PhD. "*Dream Your Self Into Being* teaches you how to understand your dreams and use them to become the greatest version of yourself."

*Dream Your Self into Being* infuses the stories of Dr. Buckner's own dreaming journey – which led her from her childhood in remote West Texas to Oprah to the White House to her dreaming teacher – with a practical guidebook for understanding and using your dreams as a powerful tool for waking up to your life. A passionate believer that the business and creative process can be a path of powerful transformation, Dr. Buckner enthusiastically endeavors to awaken the creative dynamism in individuals and reignite the potential of today's workplaces.

Included in the book are imagery exercises to jump start and hone your dreaming process and gain insight on how to work with your dreams, as well as a step-by-step guide for starting your own dream group. *Dream Yourself into Being*, is published by Blue Feather Press.

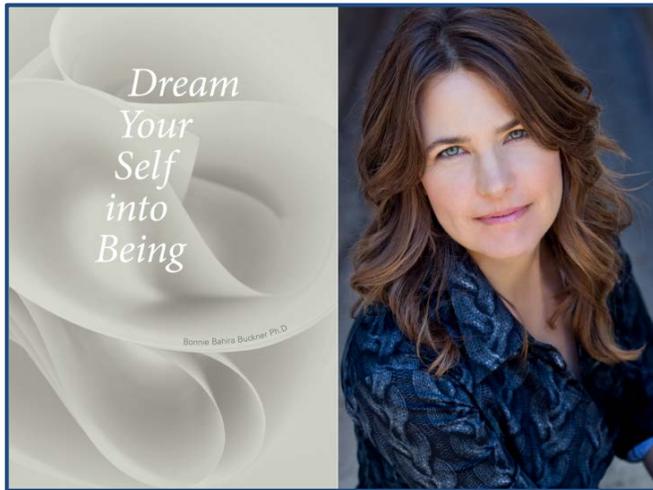
### **About the Author: Bonnie Buckner, PhD**

Holding a PhD in psychology with an emphasis in media, Dr. Buckner is well suited to reach and inspire a national audience. Her illustrious background spans politics, media, marketing, community organizing, and urban renewal. She has worked as a freelance writer and a film and television producer. She's an academic and an entrepreneur. As she describes it, "I dreamed it all," meaning that from an early age, Buckner followed the messages of her dreams, which led her from Hollywood to the White House to founding two successful businesses, to guiding her to her dreaming teacher and mentor and becoming an accomplished author.

For more info visit: [www.dreamyourselfintobeing.com](http://www.dreamyourselfintobeing.com) ~ [Facebook](#) ~ [YouTube Channel](#) ~ [@BonnieBuckner](#).

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**DREAM YOU SELF INTO BEING** by Bonnie Bahira Buckner PhD  
Publication date: March, 2013, Paperback.  
ISBN: 978-0-9885576-0-4, 300 pages. Also available in electronic formats and author-read audio book.

**“Dreaming puts you in the driver’s seat of your life. It’s the most practical thing you can do. *Dream Your Self into Being* teaches you how to understand your dreams and use them to become the greatest version of yourself.” – Bonnie Buckner, PhD, author of *Dream Yourself into Being***

**MEDIA KIT:** [Dream Yourself Into Being Media Kit](#)  
**BOOK TRAILER:** [Dream Your Self into Being](#)

### **Book Summary: *Dream Your Self into Being***

Everyone dreams – but do you know what your dreams are telling you?

In [Dream Your Self into Being](#) Dr. Bonnie Buckner proves that dreaming puts you in the driver’s seat of your life by showing you how to understand the messages of your dreams and use them as tools for personal empowerment.

We follow Dr. Buckner on her personal dreaming journey from a ranch in remote West Texas to Oprah, to founding a company, to working on a Presidential campaign. Through dreaming, Dr. Buckner was led to her dreaming teacher who taught her the 13<sup>th</sup> century Kabbalistic practices of dreaming and imagery that Dr. Buckner now teaches to business and creative professionals around the world today.

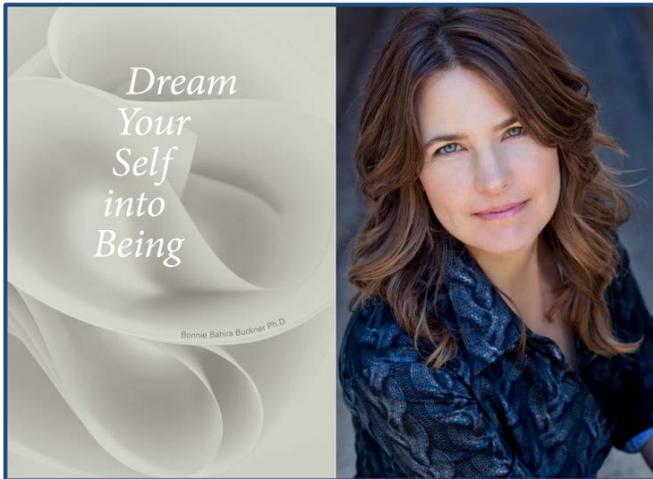
Readers of *Dream Your Self into Being* will learn how to work with your dreams and find a step-by-step guide for starting a dream group. Included in the book are imagery exercises to jump start and hone your dreaming process.

Buckner passionately believes that listening to your dreams and following their messages leads to selfhood, success, and fulfillment. Her enthusiasm inspires readers to pay attention to what their dreams are telling them during the night so they can live the wisdom of their dreams during the day.

### **About the Author**

Bonnie Buckner, PhD, teaches business and creative professionals worldwide how to unlock their imaginations and unfold into their greatest versions of themselves. Using an ancient Kabbalistic lineage of dreaming and imagery techniques she has helped CEOs, politicians, small business owners, award-winning writers and filmmakers, working musicians and social entrepreneurs to overcome challenges and blocks to accomplish what they otherwise thought was impossible. Her book, *Dream Your Self into Being*, infuses the stories of her own dreaming journey – which led her from her childhood in remote West Texas to Oprah to the White House to her dreaming teacher – with a practical guidebook for understanding and using your dreams as a powerful tool for waking up to your life. A passionate believer that the business and creative process can be a path of powerful transformation, Dr. Buckner enthusiastically endeavors to awaken the creative dynamism in individuals and reignite the potential of today’s workplaces.

For information on workshops, events and classes, or to contact the author, please visit: or [www.dreamyourselfintobeing.com](http://www.dreamyourselfintobeing.com)



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## FOLLOW DR. BUCKNER

Author, *Dream Your Self into Being*

*Dream Your Self into Being* teaches you how to understand your dreams to wake up to a dynamic life.

Website: [www.dreamyourselfintobeing.com](http://www.dreamyourselfintobeing.com)  
Book Trailer: [Dream Your Self into Being](#)  
Facebook: [Facebook.com/KabbalahDreaming](https://www.facebook.com/KabbalahDreaming)  
Twitter: [@BonnieBuckner](https://twitter.com/BonnieBuckner)  
YouTube: <http://www.youtube.com/bonniebuckner>  
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For more information on Dr. Buckner's workshops, events and classes by Dr. Buckner, please visit: [www.bonniebuckner.com](http://www.bonniebuckner.com)

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