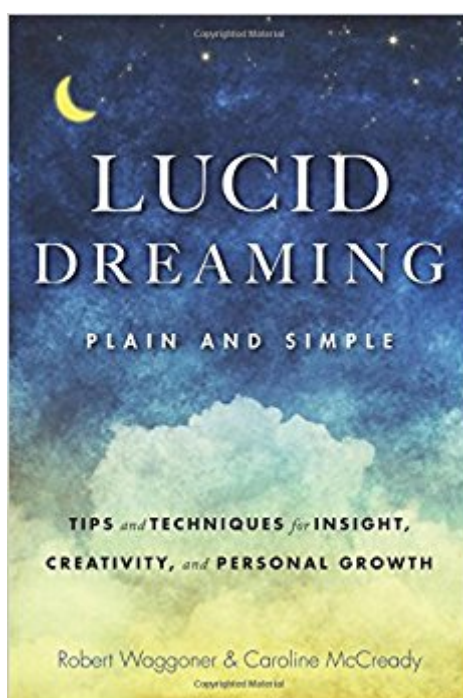


The book was found

Lucid Dreaming, Plain And Simple: Tips And Techniques For Insight, Creativity, And Personal Growth



Synopsis

Aimed at beginners, *Lucid Dreaming, Plain and Simple* shows the reader how to enter and fully experience the lucid dreaming. Among the amazing things Waggoner and McCready teach readers are how to: consciously decide what actions to perform explore dream space (or the contents of your subconscious) interact with dream figures conduct personal and scientific experiments be free of waking state limitations (e.g., flying, walking through walls, and discovering creative solutions to waking issues) This book approaches lucid dreaming from a more cognitive psychology stance, and focuses more on how to lucid dream and how to use lucid dream techniques for personal growth, insight and transformation. Whether a reader is completely new to lucid dreaming or someone who has experienced that incredible moment of realizing, "This is a dream!", readers will learn valuable tips and techniques gleaned from scientific research and decades of experience to explore this unique state of awareness more deeply.

Book Information

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Customer Reviews

Robert Waggoner is a past President of the International Association for the Study of Dreams (IASD) and a graduate of Drake University with a degree in psychology. He is the co-editor of the online journal, *Lucid Dreaming Experience* and is a frequent speaker at national and international dream conferences. He is the author of *Lucid Dreaming: Gateway to the Inner Self*. Visit Robert online at www.lucidadvice.com. Caroline McCready is a meditation and art teacher based in London.

Had my first lucid dream after reading this book.

Still working on it but the tips really do help! I've Remembered my dreams better Progressively.!

Amazing book. Have learned so much from it, even after doing heavy research on the topic. Would recommend. :)

The best, most interesting, and thoughtful book I've read on lucid dreaming. Highly recommended!

Phenomenal and very practical. Even if you've been lucid dreaming for years, you will probably expand your skills and your sense of what is possible if you read this amazing and fascinating book.

If you are interested in this subject this book is a MUST READ. Full of outstanding, in~depth information & a joy to read.

Thoroughly enjoyed this second book from R. Waggoner. New tips and exercises for practicing lucid dreaming. Recommended

Very concise book with many great tips for lucid dreaming

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