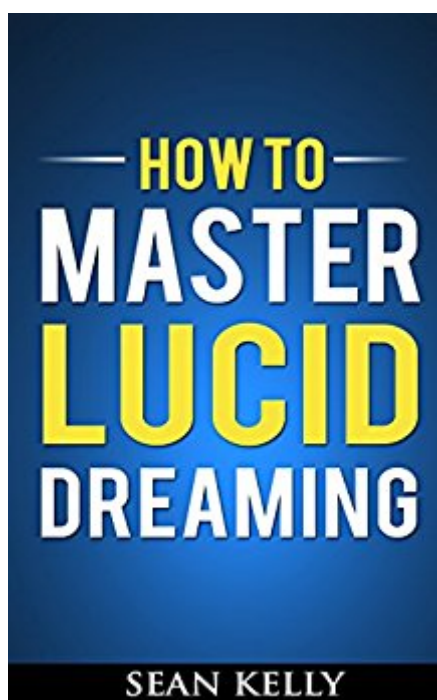


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# How To Master Lucid Dreaming: Your Practical Guide To Unleashing The Power Of Lucid Dreaming



## Synopsis

UPDATE: Only \$0.99 (less than a bottle of water) for a limited time. Grab it while it's practically FREE. Thanks to your support, "How to Master Lucid Dreaming" became a #1 Bestseller in 6 different categories including: Spirituality, Personal Growth, Self-Help. You're missing out on an ABSOLUTELY INCREDIBLE part of your life. It's time to change that. There are a ridiculous amount of techniques online for lucid dreaming. Too many. Enough to overwhelm any beginner and annoy any expert. This book is a journey into mastery of lucid dreaming. No more trying random techniques from forums. It's time to build a sustainable practice and delve into the depths of your consciousness. I've helped thousands of people with lucid dreaming over the past 9 years. It's your turn. What's Included in the Book- The Biggest Obstacle to Lucid Dreaming and How to Overcome It- How to Achieve Anything You Set Your Mind To- How to Use Your Mind as a Rocket Booster Instead of Dead Weight- How to Remember More of Your Life With a Stupidly Simple Practice- The Forgotten Jewel of a Hidden Type of Memory- Why You've Been Doing Reality Checks Completely Wrong (and totally wasting your time)- How to Completely Let Go of Your Stressful Day- How Not To Waste Time With Lucid Dreaming Techniques- The 5 Things Every Good Lucid Dreaming Technique Has in Common- 5 Steps to Mastering Your Technique

If you just want to experience lucid dreaming once, then move on, this book isn't for you. But if you want to master lucid dreaming and be able to experience it any time you want, get this book.

What are the Benefits of Lucid Dreaming?- Deep personal and spiritual exploration into the nature of consciousness and who you really are- Receive life-changing information from your subconscious- Artistic and creative Inspiration (imagine composing music while flying in the sky with rainbow colored sound streaming all around you...)- Wipe away years of minor depression- FUN! Fun! FUN! Tons of fun- Overcome fears that are holding you back in life- Explore different realms that you'll suddenly have access to- Heal emotional traumas through interacting directly with your subconscious mind- Overcome nasty nightmares that leave you feeling crappy in the morning- Add more hours of actually being ALIVE every day- Shift your entire perspective on life, reality, consciousness and what it's all about- Soar like a bird in the sky, feeling the wind against your skin (one of the most amazing experiences ever)

What people are saying about the book "I'm on day 3 of the program today and had my first lucid dream last night! Thank you sooooo much for this book, I am loooving it and soo excited about my own lucid journey!"- Jess Webb "I've got LaBerge's course, Lucid Dreaming Secrets Unveiled by Darius Thomas, Robert Waggoner's Lucid Dream Workshop, etc. etc... tons of books (Bradley Thompson's - Lucid Dreaming In 7 Days, do\_obo by Donald J DeGracia, all books by LaBerge...) and isochronic, monaural and binaural tunes..."

telling you, man, there is nothing like your book!!It's clever, funny, but serious, informative, didactic, attractive, very well structured...Man... what can I say?Your book is the bomb!!"- Edson Jose Cortiano"I tried lucid dreaming for 2 years using other techniques, but after 4 days with this system I had a lucid dream. I only had to practice for 5 minutes a day. The results speak for themselves."- Ryan Vander ZandenWhat you'll start to realize is that there are no limits of what can be experienced with lucid dreaming.Infinite possibilities.The opportunity is at your doorstep. Right now.Take the leap and get the book now.

## Book Information

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## Customer Reviews

Sean's book is very good - I recommend it. After having finished reading it a couple of days ago, I am once again remembering my dreams and that is a good start. I expect to start having lucid dreams once more very soon. Sean is a good coach. He is correct in that you can buy many books with a whole lot of techniques and then get overwhelmed and confused. What do you do when one does not work? How long do you stay with it before trying another technique? Well, it is the way of the western world for sellers to give more and more - in this case techniques. It can be impressive.

Many of the other good researchers and authors, most in fact, mean well, love their craft, and want to share it. But does it really serve the customer to have a large quantity of his techniques at his or her fingertips with no one to act as a guide? Maybe, but personally I would rather have someone coach me and encourage me to find one thing and stick with it. Sean also encourages building a strong foundation by emphasizing the basics. That feels solid to me. My history is that I have had probably a few dozen lucid dreams in my life - some of which have been amazingly profound. I have studied the subject on and off for years. In the last year or so, lucidity in the dream world has eluded me, except for a few times. So his short but concise book (it astounds me that at least one reviewer calls it padded) has been very helpful. Okay, so he briefly advertises his online course at the end of the book. So what? He also gives this helpful book away for all of \$.99 on kindle. This is a person whose heart seems to be in the right place. Thank you Sean

The best thing about Sean Kelly's book is how enthusiastic he is to teach people about lucid dreaming. If you've been toying with the idea of trying to control your dreams and just need some inspiration to get going, take an hour or two to read Sean's book. After you go through it, you'll need to do further research to get some practical steps for proceeding, but that's pretty easy to find on Google by looking up "MILD dreams." (MILD is the acronym for "Mnemonic Induction of Lucid Dreams.") I picked up a few useful tools from "How to Master Lucid Dreaming" and I hope to continue learning more. For 99 cents, it was a was a nice introduction to topic about which I've been curious for a while.

I didn't have high expectations for this book -- I'm sorry, but I didn't. Maybe it was because of past disappointments I have had with cheap digital books that promised big and delivered small; however, this book proved to be worth my time (and my dollar). I have only read one other book on the subject of lucid dreaming -- The Tibetan Yogas of Dreams and Sleep. Excellent book in terms of taking you deeper into the practices of Buddhism but very technical on the order of lucid dreaming. That book is not realistic for me: this book is. What I liked about the book: One suggestion that the author gives that helped me immediately in remembering my dreams was not to allow my mind to think about ANYTHING in my upcoming day when I awaken from a dream. Instead, stay with the dream, and if I cannot remember it, then recall another dream, because that will trigger other dream memories. I did just as he instructed this morning, and sure enough, my last dream, which I could not remember at all, started coming back to me. I really liked his section on reality checks too. As far as techniques, the book only gives one -- MILD. I knew a little about it from a YouTube video I had

watched previously, but this book gave a much better presentation of it. The author states that focusing on too many techniques can be problematic...that it is better to go deep with one technique than shallow with a few. I get that, but hopefully, MILD is the technique for me. I intend to make a serious effort at it. If I meet with any success, I will add it to this review. One last comment: I just skimmed through chapters 1-10. I wouldn't exactly call those chapters fluff because I can see where some people might really benefit from them, but I didn't really get hooked until chapter 11. From that point on, I thought the book was great.

Amazing guide for anyone interested in getting into lucid dreaming. I have never mastered it but did get to the point where I was recalling 3 or 4 dreams every night for months on end. Along with having some lucid dreams mixed in as well. Got to be a lot spending an hour each morning writing them all down but that has to be a good problem. Enjoy the journey.

I got some good tips and some inspirational ideas from the book. I was kind of disappointed that he only addressed one technique, the MILD technique. While it may be the easiest for him and many others, it may not work for everyone. Plus, I didn't feel that he explained this "simple" technique well enough; it left me feeling a bit confused about it.

I really enjoyed this book, it is well written, insightful and accessible. I recently got into lucid dreaming and have been a sponge for all books on the topic; this one is a new favorite! My lucid dreaming has gone to a whole new level since reading this book, I highly recommend this to those of you out there looking for quality advice. I am excited to follow this practitioner's work, he is dedicated to the art of lucid dreaming and sharing his wisdom.

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