



## Are You Dreaming?: Exploring Lucid Dreams: A Comprehensive Guide

By Daniel Love

Enchanted Loom Publishing. Paperback. Book Condition: New. Paperback. 300 pages. Dimensions: 8.8in. x 6.0in. x 0.9in. Just about everything you could possibly need to know about lucid dreaming. A thoroughly enjoyable, compendious and insightful guide for those interested in exploring their inner worlds. - Dr Keith Hearne Discover the Universe Inside your Mind Astonishingly, there is around a 1 in 10 chance that you are dreaming at any given moment. . . including right now! Every night, you adventure inwards to a universe made from the very fabric of your being: your dreams. Dreaming accounts for around 11 of your daily experience and, amazingly, each year you will spend an entire month dreaming. What if you could wake up to this mysterious world, to learn to consciously explore the inner depths of your mind Such an experience is indeed possible. It is called Lucid Dreaming. Isn't it time you woke up to your dreams Lucid dreaming is a scientifically verified and learnable skill by which you become aware that you are dreaming, whilst dreaming. Such knowledge imbues you with an almost unlimited control over your dreaming adventures. The power of lucid dreaming will also greatly enhance your waking life, opening new...



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