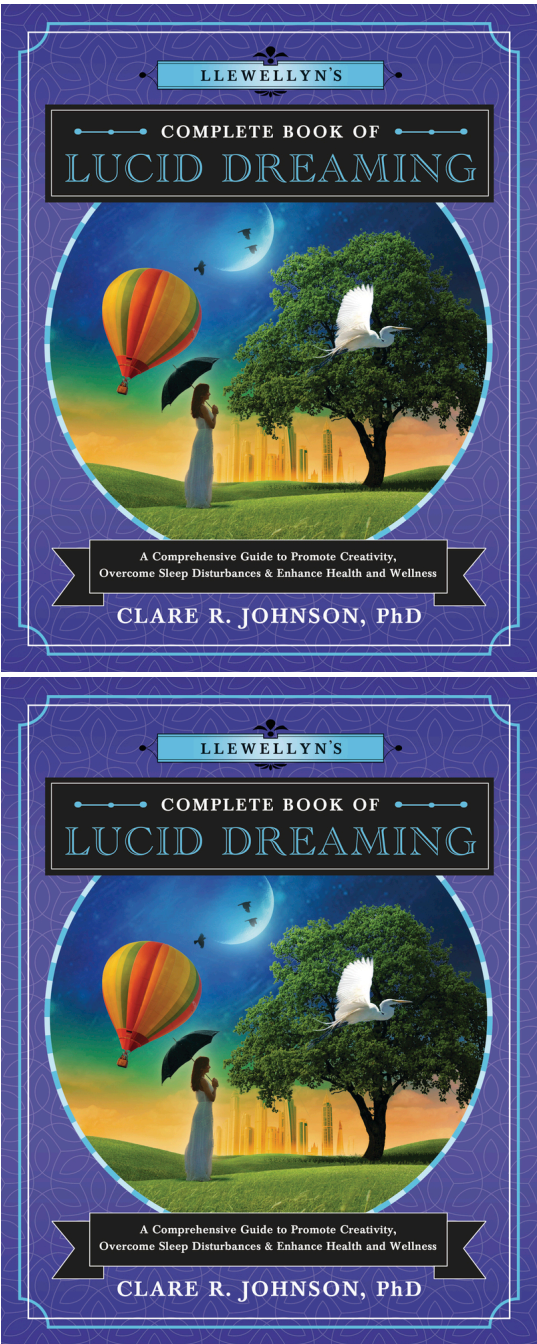


Llewellyn's Complete Book Of Lucid Dreaming - Johnson, PhD



Wake Up in Your Dreams and Live a Happier, More Lucid Life

Rating: Not Rated Yet

Price

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Description

A lucid dream is a dream in which you become aware that you're dreaming. It's a powerful opportunity to solve problems, create new possibilities, take charge of your own healing, and explore the depths of reality. This book provides a range of practical techniques and activities to help you bring the creativity and super-conscious awareness of lucid dreaming into your life.

Join international expert Clare R. Johnson as she shares the most up-to-date lucid dreaming techniques on how to get and stay lucid, guide dreams, resolve nightmares, deepen creativity, and integrate dream wisdom into everyday life. Drawing on cutting-edge science and psychology, this book is packed with inspiring stories of life-changing lucid dreams and fascinating insights into topics such as the ethics of dream sex, how to interact with lucid dream figures, and the nature of consciousness.

Whether you're a person who barely remembers your dreams or a lifelong lucid dreamer, this in-depth guide is the perfect next step as you cultivate the power of lucid dreaming.

Reviews

There are yet no reviews for this product.