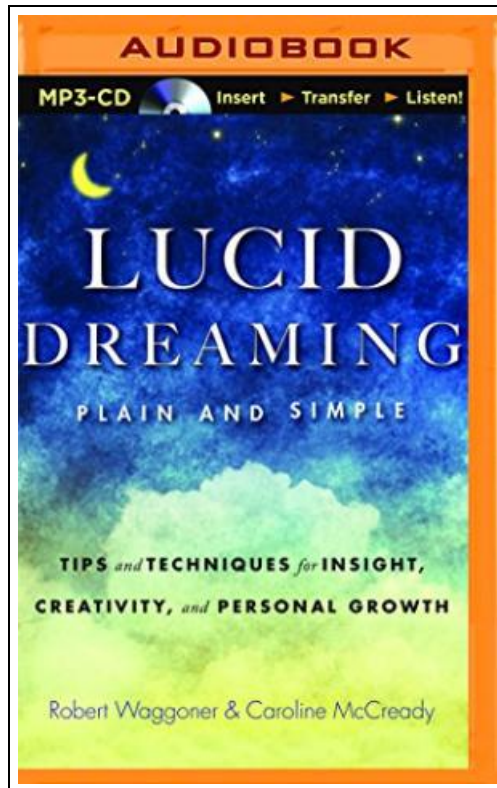


## Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth



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BRILLIANCE AUDIO, United Kingdom, 2015. CD-Audio. Book Condition: New. Unabridged. 168 x 132 mm. Language: English . Brand New. Aimed at beginners, **Lucid Dreaming, Plain and Simple** shows the listener how to enter and fully experience the lucid dreaming. Among the amazing things Waggoner and McCready teach listeners 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 audiobook 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 listener is completely new to lucid dreaming or someone who has experienced that incredible moment of realizing This is a dream, listeners will learn valuable tips and techniques gleaned from scientific research and decades of experience to explore this unique state of awareness more deeply.



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