



## Lucid Dreaming for Beginners: Learn How to Unleash the Full Power of Your Dreams and Control Them Better (Paperback)

By Lori J. John

Lulu.com, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you ever wondered what secrets your dreams hold? Do you wake up with just the briefest memory of your dream and you want to learn how to remember better? Do you want to know what your dreams mean? If the answer to any of those questions is yes, then this book is for you. Man has always been fascinated by the world of dreams. For thousands of years, dreams have been important to many cultures. They are how we can get in touch with ourselves, to learn, to grow and to overcome. However, how can we fully explore our dreams when they fade as we wake up? The answer is lucid dreaming. Lucid dreaming is when we know that we are in a dream state and therefore, we can look at our dream elements and find the meaning behind them. Everything that we see in our dreams is produced by our own minds; lucid dreaming allows us to be aware of what we see in our dreams, helping us to learn and to remember what we have seen.



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### Reviews

*The book is fantastic and great. I have got read through and i am confident that i will planning to read yet again once again in the foreseeable future. I found out this book from my dad and i recommended this publication to discover.*

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*Certainly, this is the finest work by any article writer. It really is full of wisdom and knowledge You will not sense monotony at at any time of your own time (that's what catalogs are for concerning should you ask me).*

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