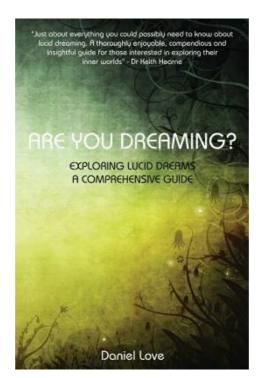
## Leggi libri Are You Dreaming?: Exploring Lucid Dreams: A Comprehensive Guide

## By Daniel Love





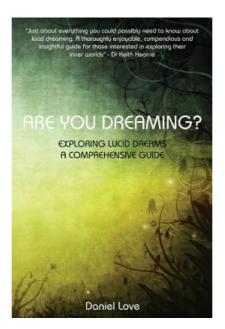
## **Books Details**

Author : Daniel Love Pages : 302 pages Publisher : Enchanted Loom Publishing Language : ISBN-10 : 0957497709 ISBN-13 : 9780957497702

## **Books Descriptions**

'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 HearneDiscover the Universe Inside your MindAstonishingly, 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

You Can Get This Books By Click Link/Button In Below .





https://incledger.com/?book=0957497709