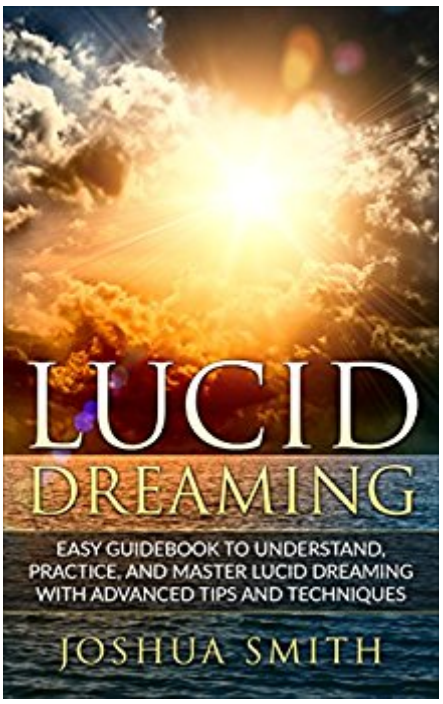
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Lucid Dreaming Easy Beginners Guidebook To Understand, Practice, And Master Lucid Dreaming With Advanced Tips And Techniques (Lucid Dreaming, Dreams, Mental ... Astral Projections, Self Help)



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Synopsis

UPDATE!! THIS BOOK IS CURRENTLY ON A LIMITED TIME DISCOUNT OF ONLY $.99 ! Purchase it now before the price jumps back up! This creative and concise book is for you, the beginner, and it will teach you everything you want to know that will help you to understand, practice and master lucid dreamingWhile most people know next to nothing about the concept of lucid dreaming and its benefits, people who understand lucid dreaming can attest to its effectiveness at treating mental issues such as depression and anxiety, stopping incessant nightmares, and enjoying better quality sleep.In this book, we will be delving deep into the concept of lucid dreaming so you can learn how to practice and master this dream concept and gain a deeper understanding of the neural processes that play out in your unconscious mind as you sleep. Here Is A Preview Of What You'll Learn...Understanding Lucid Dreaming Benefits of Lucid Dreaming Practicing Lucid Dreaming Reality Check Techniques That Help You Tell When You Are Dreaming Astral Projections during Lucid Dreams Advanced Tips Learn all there is to know about Lucid Dreaming today by downloading the book, "Lucid Dreaming Easy Guidebook to Understand, Practice, and Master Lucid Dreaming With Advanced Tips and Techniques", for a limited time discount of only $.99 !Download today!

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Customer Reviews

This is an excellent resource for someone who is curious about lucid dreaming. Not only do you learn the "what" of lucid dreaming, you learn the how and why. A fast read that is easy to digest and understand.If you want to learn about lucid dreaming get this book

This book provides information on why we experienced lucid dreams, why we hardly remember our dreams and what it signifies. It gives you tips to learn to remember your dream vividly. It is quite interesting to know this things. Recommended.

Lucid dreams can be more than escapist fantasy, but in order to reap the benefits of your slumbering mind, you must first tell your brain that your dreams matter. This book explains all these science well and be sure to check it out.....

I actually had a moment in my life when I was conscious in a dream. It happened by accident, but because of it I know that it is possible to be aware in a dream. This book has a good intro, talks about the benefits, techniques and advanced tips. I will try some of the techniques.

I had heard about lucid dreaming before but never really knew what it was until I read this book. I was surprised to learn that this practice is also used by some physicians to improve mental health. I am definitely planning to try out some of the tips and tricks from this book so that I can begin to work on enhancing my dream practice. I will be rereading this book again soon!

You got a complete guide right here. If you don’t completely understand the concept of lucid dreaming, don’t worry. The books cover all the essentials and the techniques are easy to put into practice.

I’ve never been much of a dreamer to begin with so I started to become interested in Lucid Dreaming to see if I could cause myself to remember my dreams, etc.This book provided a wealth of info on how to do that, can’t wait to start trying it out!

The auhtor has shared a fabulous and well demonstrative guide book about lucid dreaming , which is very easy to comprehend. However, the author has used simple language for the convinced of the readers so, they can easily comprehend this term. For practicing lucid dreaming there is also given useful tips and techniques which helps you in understanding it.

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