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Lucid Dreaming: Lucid Dreams: A Beginner s Guide on How to Control Your Dreams with Different Techniques. (Paperback)

By Austin Knight

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. (Lucid Dreaming) Grab this GREAT physical book now at a limited time discounted price! After reading this book you will find yourself being able to enhance your dreaming capacity and have you re first lucid dream. The mind is a very powerful force; it has the capacity to withhold an enormous amount of information, which will intern create a lot of thoughts and desires. Whilst you sleep these thoughts all become active and play a huge part in your dreams. Learn both relaxing and intriguing techniques to become a lucid dreamer. You will find that the doorway to Lucid Dreaming opens up and you will be shown ways to unlock your true potential in being able to harness your dreams. Lucid dreaming is beneficial for both the entertainment value and inner peace. By lucid dreaming you will enter your sub conscious, to find out about your true self and discover what deep down you actually desire. If record your lucid dreams, then look into the meaning behind what your dreaming you will be quite interested in what you find...



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