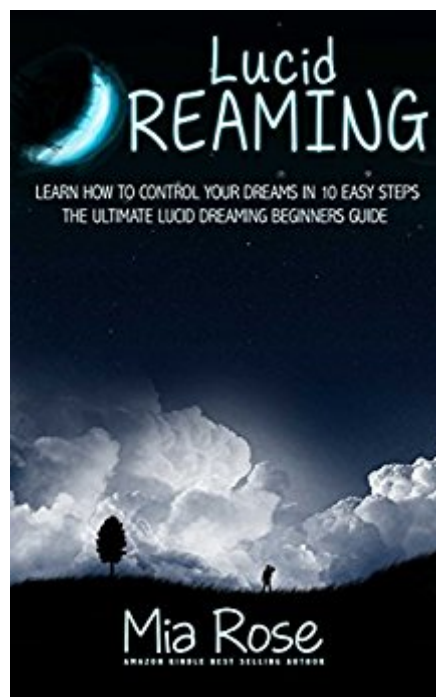


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# Lucid Dreaming: Learn How To Control Your Dreams In 10 Easy Steps - Lucid Dreaming Techniques (Lucid Dreaming, Astral Projection, Visualization Techniques)



## Synopsis

Lucid Dreaming For Beginners: Learn How to Control Your Dreams in 10 Easy Steps From Best Selling Author Mia Rose Have you ever woken from a dream (or nightmare) and wished that you could have changed the ending? If so, this book may be perfect for you! Lucid dreaming is the art of taking control of our dreams. It has been practised throughout history but until recently the way in which Lucid Dreaming works has been a mystery. Today, science has begun to understand the way in which the two sides of our brains work together to form our personalities. In particular, the importance of our unconscious mind is now better understood than ever before. This book will take you through the simple steps required to begin to control your dreams. The book also looks at the benefits and the practicalities of Lucid Dreaming. The techniques described have been gathered together from expert sources and are designed to be simple to use and easy to learn. Lucid Dreaming can help you to solve problems, develop your creative side and even reduce stress and depression. This book will teach you in simple steps to take control of your own mind and to access a deeper level of consciousness than ever before! Here Is A Preview Of What You'll Learn... What Lucid Dreaming Really Means The History And Modern Understanding Of Lucid Dreaming The Benefits Of Lucid Dreaming How Lucid Dreaming Can Help You To Develop New Skills The Top Tips To Begin To Practice Lucid Dreaming

## Book Information

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## Customer Reviews

Most often when I sleep, I do not have dreams, usually I have dreams once a month. I had one experience which I was aware that I was dreaming and I used that dream to fly, it felt AWESOME! If I have another dream like that it will be great. Taking a look at this book, it was able to explain about nightmares and possibility of taking control of a nightmare.

I like this book. I always wondered what this technique was called, I've been practicing lucid dreaming for years without my knowledge of what it was. Even as a child, I could fall sleep very easily and manipulate and remember my dreams. The only thing I did not hear mentioned in this book is auditory cues, what I mean by that is, I concentrate and listen to my mind and when I hear familiar sounds and I don't mean imagining sounds, I literally can hear a voice. (creepy right) We'll say my wife for example, when I lay down to sleep I listen for audio cues, and try and imagine my wife's voice and then I start to hear sounds, could be her voice (mostly) or could be the sound of something else. That's when I know i'm entering REM. I also use this technique to fall asleep and can usually fall asleep within a few minutes, like 2 tops.

The book is a nice starting guide on Lucid dreaming. It provides a good introduction to the idea of Lucid dreaming, its features , techniques and certain tips and tricks that can make all the difference between success and failure in this endeavor. The book gives an impression that Lucid Dreaming is a skill that anyone with a certain degree of intent and willingness to learn can acquire. Simply put Lucid Dreaming is the art of putting yourself to dream while being aware that you are in a dream so that you can do what you wish to do in real life but do not get the chance to.

I saw the first book about interpretation of dreams and it was really good read. Then I saw this on how to control your dreams. Mia Rose is really doing an amazing job by helping people control their dream life. Our dreams are sometimes the reflection of our inner thoughts and these are portrayed by the subconscious as dreams. This book will help you redefine and modify your dream, in other words, you can now be able to have a of your choice and change the course of it too. I really appreciate this author for the dream series and i cannot wait to see the next book coming.

This is an interesting topic that I enjoyed reading and alternative reality in which you can live free of

all your fears and inhibitions, confident that you can do absolutely anything in the world. Not many of us experience this but this can be learned through different techniques shared in this book. The book points out ways to get there, some of the landmarks you are likely to see once you are there, some of the locals you might meet, techniques for getting around and how to deal with some of the threatening aspects one might encounter while on the journey.

Many people believe that lucid dreaming is impossible to do on your own. However, this book is a great guide that teaches you how to control your dreams. No more nightmares where you are vulnerable! Be able to control your dreams and have some awesome experiences. Check this out if you want to learn more about lucid dreaming.

Lucid dreaming is something that still fascinates me. Dreams are wonderful when they're interesting, especially when you have the ability to control when and how you dream. With lucid dreaming, one is able to effectively develop the brain to easily recognize the difference between reality and dream. Good read.

If you are like me looking for some answers on what is lucid dreaming and what purpose it can solve for us, then this book definitely has some answers. The book explains in detail how you can take advantage of lucid dreaming to control stress, nightmares and cure your fear and phobias. The book explains clearly and succinctly how it is to be carried out. In fact it outlines ten different techniques and therefore you have the luxury of choosing the ones that are most effective in your case.

Impressive Book!

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