

[PDF] Lucid Dreaming: A Concise Guide To Awakening In Your Dreams And In Your Life

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Description:

From the Publisher Stephen LaBerge is considered the pioneer of lucid dreaming, with more than 20 years of research at Stanford University. --This text refers to an out of print or unavailable edition of this title.

From the Inside Flap Dr. Stephen LaBerge draws on recently developed techniques that teach you to be aware of what you are dreaming, and ultimately control and manipulate the outcome of your dreams, in order to: overcome long-term, deep-seated fears, anxieties, and phobias; harness the healing power of your unconscious, awaken creativity, and more.

Dr. LaBerge presents further excersises in EXPLORING THE WORLD OF LUCID DREAMING. --This text refers to an out of print or unavailable edition of this title.

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