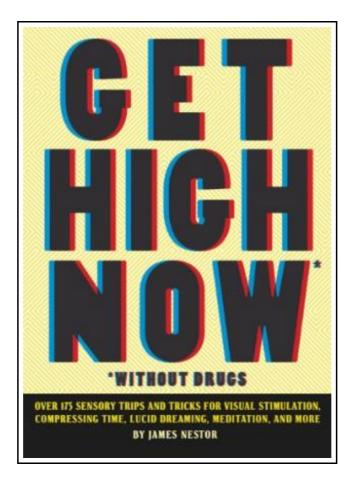
Get High Now: Without Drugs



Filesize: 1.48 MB

Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.

(Prof. Maya Hand)

GET HIGH NOW: WITHOUT DRUGS



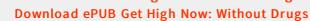
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Chronicle Books. Paperback. Book Condition: new. BRAND NEW, Get High Now: Without Drugs, James Nestor, This book provides more than 200 ways to safely alter human perception through sensory stimulation - without drugs or alcohol. Culled from science, physiology, spiritual practices, and the audio visual arts, these 'all natural' highs playfully and safely explore the mind-body connection. Each entry introduces concepts such as lucid dreaming, optical and auditory illusions, controlled breathing, meditation, time compression, and physical and mental exercises, explaining why they work and how to do them - along with fun, first-hand commentary by the author.



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