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5 Steps to Lucid Dreaming: Take Control of Your Dreams and Nightmares (Paperback)

By Stefan Z

Independently Published, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. EXPERIENCE THE IMPOSSIBLE - Experience things you never thought you could before, such as flying across the sky, and soaring like an eagle. It will all feel very real, in your dreams. INCREASE YOUR CONFIDENCE - After lucid dreaming for a few weeks, your self confidence will skyrocket. You'll feel like you can do anything! SLEEP BETTER - By lucid dreaming you can actually have a much better nights sleep! You'll feel much more refreshed and start each day with more energy, awareness and love. ADD HOURS TO YOUR LIFE - Think about it, we're asleep for over a third of our lives. Imagine if you could not only get those hours back, but experience your wildest fantasies in those lost 'extra' hours, every night. The memories will feel vivid, real, and POWERFUL. Want to be able to control your dreams while you sleep? Lucid Dreaming is the ability to control your dreams and become 'self aware' or 'conscious' in them. This allows you to do impossible things while you sleep, and be completely aware you're doing them. Most lucid dreaming books are either a load of...



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