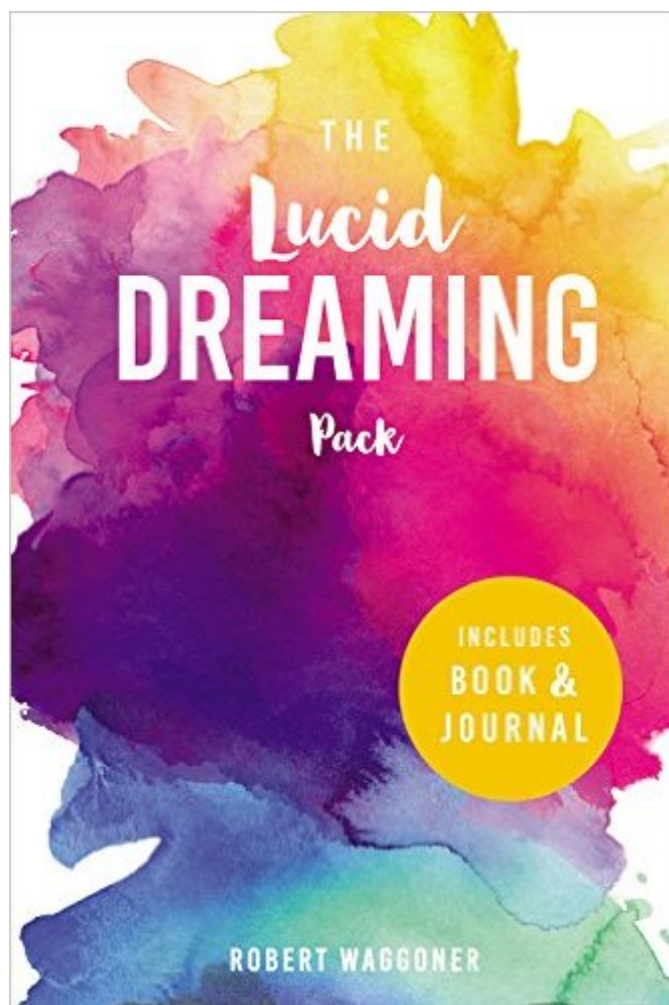


The book was found

The Lucid Dreaming Pack: Gateway To The Inner Self



Synopsis

Do you ever wonder what answers are waiting for you, buried deep within your subconscious? Bring lucidity to your dreams to help unlock the secrets of your unconscious mind! Lucid dreaming is the practice of taking control of your dreamscape. Most people think about exciting their slumber with flight through lucid dreaming, and while this is entirely within the lucid dreamers reach, it also offers up much more than that. Expert Robert Waggoner, who has logged over 1000 lucid dreams, shares his experience to help illuminate your dream world. Learn how to dream with intention and accomplish goals in your sleep. Peppered with personal stories, Waggoner shows you what to look for, how to stay focused, and how to log your lucid dreams to make the process of connecting to your subconscious mind easier with every doze. Lessons in focus and attention while sleeping help you become mindfully aware of your interactions in the real world as well. Lucid dreamers boast improved cognitive function, deeper sleep, and an alertness to the inner workings of their psyche. The elusive and intriguing world of lucid dreaming is now open to you with The Lucid Dreaming Pack. Complete with a book to guide you along the process of taking control of your dreams and an 80 page dream journal for you to log all of your unconscious adventures. No night stand is complete without it.

Book Information

Hardcover: 320 pages

Publisher: Chartwell Books (October 11, 2016)

Language: English

ISBN-10: 0785834680

ISBN-13: 978-0785834687

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Best Sellers Rank: #855,048 in Books (See Top 100 in Books) #604 in Books > Health, Fitness & Dieting > Mental Health > Dreams #2364 in Books > Religion & Spirituality > New Age & Spirituality > New Thought #62100 in Books > Self-Help

[Download to continue reading...](#)

The Lucid Dreaming Pack: Gateway to the Inner Self Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) Play Mandolin Today! Beginner's Pack: Level 1 Book/CD/DVD Pack (Ultimate Self-Teaching Method!) Play Banjo Today! Beginner's

Pack: Level 1 Book/CD/DVD Pack (Ultimate Self-Teaching Method!) The Lucid Body: A Guide for the Physical Actor Mara, Vol. 1: Lucid Folly Waking, Dreaming, Being: Self and Consciousness in Neuroscience, Meditation, and Philosophy Swear Word Coloring Book for Parents: Unleash your inner-parent!: Relax, color, and let your inner-parent out with this stress relieving adult coloring book. Inner Peace - Adult Coloring Books: Beautiful Images Promoting Mindfulness, Wellness, And Inner Harmony (Yoga and Hindu Inspired Drawings included) Become an Inner Circle Assistant: How to be a star in your profession and achieve Inner Circle status! Living from Your Center: Guided Meditations for Creating Balance & Inner Strength (Inner Vision Series) The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem Iyanla Live!: Self-Value, Self-Worth, Self-Love How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect Geometry Power Pack (Barron's Regents Power Pack) Disney Collection - Learn And Play Recorder Pack Disney Favs/Collection/Toy Story Box (Learn & Play Recorder Pack) Kids Fun Songs - Learn To Play Recorder Pack Songs For Kids/Kids Songs/Movie Themes W/ (Learn & Play Recorder Pack) Play Trumpet Today! Beginner's Pack: Book/CD/DVD Pack (Play Today Instructional Series) Play Violin Today! Beginner's Pack: Level 1 Book/CD/DVD Pack (Play Today!: Level One)

[Dmca](#)