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Are You Dreaming Exploring Lucid Daniel Love presents a delightful and comprehensive exploration of lucid dreaming While "Are You Dreaming" could serve as an excellent introduction to the subject, it goes into significant depth to satisfy the more serious reader I particularly enjoyed his treatment of the early history of lucid dreaming Are You Dreaming?: Exploring Lucid Dreams: A

EXPLORING THE WORLD OF LUCID DREAMING

entertainment However, as many have already discovered, you can use lucid dreaming to improve the quality of your waking life Thousands of people have written to me at Stanford telling how they are using the knowledge and experience they have acquired in lucid dreams to help them get more out of living Although the outlines of a practical art and science of lucid dreaming are just

Lucid Dreaming

Lucid Dreaming Exploring the Mysterious World of Imagination How to Tackle the Dream You need to go over the dream in order to remember more details about what happened What I like to begin with is to simply scan over the whole dream as fast as possible, picking out all the major events that happened Basically trying to work out the overall storyline, or at least as much of it as I can

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DreamLight - LUCID DREAMING

Exploring the World of Lucid Dreaming (LaBerge & Rheingold, 1990) offers ideas of how lucid dreaming may be instrumental in psychotherapy If your therapist doesn't think that lucid dreaming would be a good idea for you at this time, follow his or her advice If you disagree, you should either trust the judgment of your current therapist on this issue, or find another therapist—ideally one

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