



Lucid Dreams in 30 Days: The Creative Sleep Program (In 30 Days Series)

Keith Harary, Pamela Weintraub

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With this volume you will learn to explore the mysteries of your sleeping self. Beginning with simple steps such as keeping a dream journal to record your dreams, Keith Harary, Ph.D., and Pamela Weintraub take you step-by-step, day-by-day through the lucid dreaming process. You advance to realizing when you are in a dream state, waking up "in" your dreams, and eventually, actually controlling the content of your dreams.

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