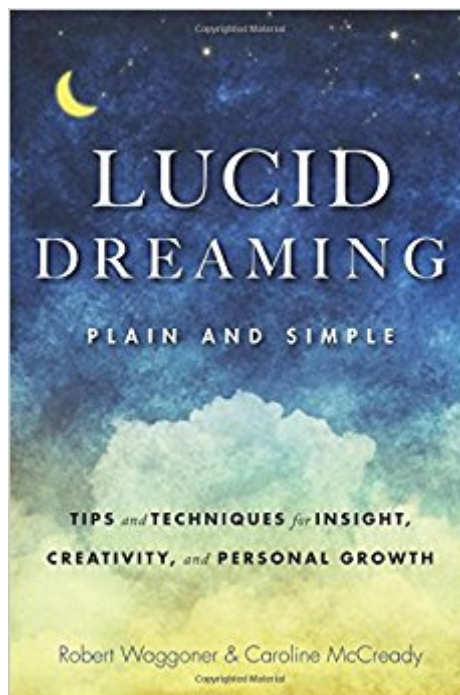




The book was found

# Lucid Dreaming, Plain And Simple: Tips And Techniques For Insight, Creativity, And Personal Growth



## Synopsis

Aimed at beginners, *Lucid Dreaming, Plain and Simple* shows the reader how to enter and fully experience the lucid dreaming. Among the amazing things Waggoner and McCready teach readers are how to: consciously decide what actions to perform explore dream space (or the contents of your subconscious) interact with dream figures conduct personal and scientific experiments be free of waking state limitations (e.g., flying, walking through walls, and discovering creative solutions to waking issues) This book approaches lucid dreaming from a more cognitive psychology stance, and focuses more on how to lucid dream and how to use lucid dream techniques for personal growth, insight and transformation. Whether a reader is completely new to lucid dreaming or someone who has experienced that incredible moment of realizing, "This is a dream!", readers will learn valuable tips and techniques gleaned from scientific research and decades of experience to explore this unique state of awareness more deeply.

## Book Information

Paperback: 224 pages

Publisher: Conari Press (January 1, 2015)

Language: English

ISBN-10: 1573246417

ISBN-13: 978-1573246415

Product Dimensions: 6.1 x 0.5 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 44 customer reviews

Best Sellers Rank: #105,591 in Books (See Top 100 in Books) #55 in [Books > Health, Fitness & Dieting > Mental Health > Dreams](#) #1004 in [Books > Health, Fitness & Dieting > Mental Health > Happiness](#) #3206 in [Books > Religion & Spirituality > New Age & Spirituality](#)

## Customer Reviews

Robert Waggoner is a past President of the International Association for the Study of Dreams (IASD) and a graduate of Drake University with a degree in psychology. He is the co-editor of the online journal, *Lucid Dreaming Experience* and is a frequent speaker at national and international dream conferences. He is the author of *Lucid Dreaming: Gateway to the Inner Self*. Visit Robert online at [www.lucidadvice.com](http://www.lucidadvice.com). Caroline McCready is a meditation and art teacher based in London.

Had my first lucid dream after reading this book.

Still working on it but the tips really do help! I've Remembered my dreams better Progressively.!

Amazing book. Have learned so much from it, even after doing heavy research on the topic. Would recommend. :)

The best, most interesting, and thoughtful book I've read on lucid dreaming. Highly recommended!

Phenomenal and very practical. Even if you've been lucid dreaming for years, you will probably expand your skills and your sense of what is possible if you read this amazing and fascinating book.

If you are interested in this subject this book is a MUST READ. Full of outstanding, in~depth information & a joy to read.

Thoroughly enjoyed this second book from R. Waggoner. New tips and exercises for practicing lucid dreaming. Recommended

Very concise book with many great tips for lucid dreaming

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

Lucid Dreaming Easy Beginners Guidebook to Understand, Practice, and Master Lucid Dreaming With Advanced Tips and Techniques (Lucid Dreaming, Dreams, Mental ... Astral Projections, Self Help) Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) How to Master Lucid Dreaming: Your Practical Guide to Unleashing the Power of Lucid Dreaming Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream) how to do and use the correct lucid dream: How To Easily Lucid Dream Tonight! (Best Guide Of 2017) Runes, Plain & Simple: The Only Book You'll Ever Need (Plain & Simple Series) Dream Journal Workbook: A Beginner's Guided Dream Diary for Lucid Dreaming and Dream Interpretation Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel LSD: The Truth About Acid: The

Ultimate Beginner's Guide to Lysergic Acid Diethylamide And Its Full Effects (LSD, Acid, Psychotherapy, Lucid Dreaming, Psychedelics) Between the Gates: Lucid Dreaming, Astral Projection, and the Body of Light in Western Esotericism Dreams: The All-In-One Guide for Dream Interpretation and Lucid Dreaming to Uncover the Power of Your Subconscious Mind A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics Exploring the World of Lucid Dreaming Lucid Dreaming: Gateway to the Inner Self Are You Dreaming?: Exploring Lucid Dreams: A Comprehensive Guide Astral Projection: Learn The Secrets To Experience Out Of Body Control (Astral Travel,Consciousness,Lucid Dreaming Book 1) My Happy Place: A Children's Self-Reflection and Personal Growth Journal with Creative Exercises, Fun Activities, Inspirational Quotes, Gratitude, Dreaming, Goal Setting, Coloring in, and Much More

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)