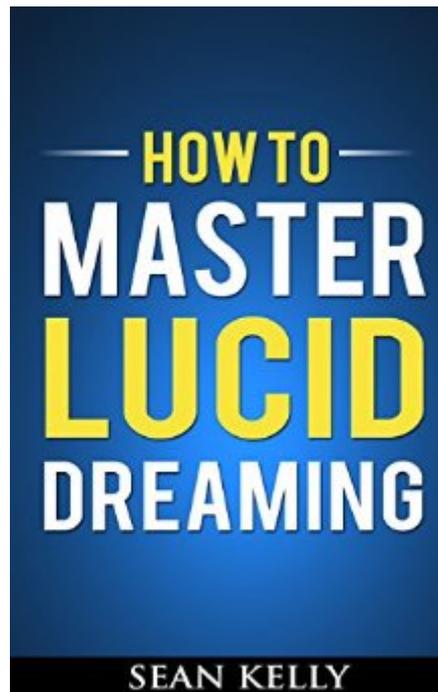


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# How To Master Lucid Dreaming: Your Practical Guide To Unleashing The Power Of Lucid Dreaming



## Synopsis

UPDATE: Only \$0.99 (less than a bottle of water) for a limited time. Grab it while it's practically FREE. Thanks to your support, "How to Master Lucid Dreaming" became a #1 Bestseller in 6 different categories including: Spirituality, Personal Growth, Self-Help. You're missing out on an ABSOLUTELY INCREDIBLE part of your life. It's time to change that. There are a ridiculous amount of techniques online for lucid dreaming. Too many. Enough to overwhelm any beginner and annoy any expert. This book is a journey into mastery of lucid dreaming. No more trying random techniques from forums. It's time to build a sustainable practice and delve into the depths of your consciousness. I've helped thousands of people with lucid dreaming over the past 9 years. It's your turn. What's Included in the Book- The Biggest Obstacle to Lucid Dreaming and How to Overcome It- How to Achieve Anything You Set Your Mind To- How to Use Your Mind as a Rocket Booster Instead of Dead Weight- How to Remember More of Your Life With a Stupidly Simple Practice- The Forgotten Jewel of a Hidden Type of Memory- Why You've Been Doing Reality Checks Completely Wrong (and totally wasting your time)- How to Completely Let Go of Your Stressful Day- How Not To Waste Time With Lucid Dreaming Techniques- The 5 Things Every Good Lucid Dreaming Technique Has in Common- 5 Steps to Mastering Your Technique

If you just want to experience lucid dreaming once, then move on, this book isn't for you. But if you want to master lucid dreaming and be able to experience it any time you want, get this book.

What are the Benefits of Lucid Dreaming?- Deep personal and spiritual exploration into the nature of consciousness and who you really are- Receive life-changing information from your subconscious- Artistic and creative Inspiration (imagine composing music while flying in the sky with rainbow colored sound streaming all around you...)- Wipe away years of minor depression- FUN! Fun! FUN! Tons of fun- Overcome fears that are holding you back in life- Explore different realms that you'll suddenly have access to- Heal emotional traumas through interacting directly with your subconscious mind- Overcome nasty nightmares that leave you feeling crappy in the morning- Add more hours of actually being ALIVE every day- Shift your entire perspective on life, reality, consciousness and what it's all about- Soar like a bird in the sky, feeling the wind against your skin (one of the most amazing experiences ever)

What people are saying about the book "I'm on day 3 of the program today and had my first lucid dream last night! Thank you sooooo much for this book, I am loooving it and soo excited about my own lucid journey!"- Jess Webb "I've got LaBerge's course, Lucid Dreaming Secrets Unveiled by Darius Thomas, Robert Waggoner's Lucid Dream Workshop, etc. etc... tons of books (Bradley Thompson's - Lucid Dreaming In 7 Days, do\_obe by Donald J DeGracia, all books by LaBerge...) and isochronic, monaural and binaural tunes... I'm telling you, man, there is

nothing like your book! It's clever, funny, but serious, informative, didactic, attractive, very well structured... Man... what can I say? Your book is the bomb!!" - Edson Jose Cortiano "I tried lucid dreaming for 2 years using other techniques, but after 4 days with this system I had a lucid dream. I only had to practice for 5 minutes a day. The results speak for themselves." - Ryan Vander Zanden What you'll start to realize is that there are no limits of what can be experienced with lucid dreaming. Infinite possibilities. The opportunity is at your doorstep. Right now. Take the leap and get the book now.

## **Book Information**

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## **Customer Reviews**

I'm torn regarding how to review this book. On the one hand, there is so much fluff inside: long table of contents, passages telling us what the author is about to tell us, passages telling us what he just told us, lists reminding us of what he just told us a few pages ago. The book could have been 1/4 as long as it is and maintained its message. As it was, I kept thinking, "When are you actually going to say something useful??" Most of the book was quite frustrating to read, and I felt a bit insulted that so many words were used to tell me so little. However - and this is a big "however" - when the author finally does lay out tips for effective lucid dreaming, they are succinct, innovative,

and useful. While he does not promise results right away, I can truthfully say that I had a lucid dream the night after I read this book, after not having had more than the occasional random lucid dream for several years. That's too close for coincidence. Something I read in this book had a remarkable effect. In sum, this book could have been a pamphlet - but a worthwhile pamphlet, and well worth the price you'll pay for it.

I really enjoyed this book, it is well written, insightful and accessible. I recently got into lucid dreaming and have been a sponge for all books on the topic; this one is a new favorite! My lucid dreaming has gone to a whole new level since reading this book, I highly recommend this to those of you out there looking for quality advice. I am excited to follow this practitioner's work, he is dedicated to the art of lucid dreaming and sharing his wisdom.

I didn't have high expectations for this book -- I'm sorry, but I didn't. Maybe it was because of past disappointments I have had with cheap digital books that promised big and delivered small; however, this book proved to be worth my time (and my dollar). I have only read one other book on the subject of lucid dreaming -- The Tibetan Yogas of Dreams and Sleep. Excellent book in terms of taking you deeper into the practices of Buddhism but very technical on the order of lucid dreaming. That book is not realistic for me: this book is. What I liked about the book: One suggestion that the author gives that helped me immediately in remembering my dreams was not to allow my mind to think about ANYTHING in my upcoming day when I awaken from a dream. Instead, stay with the dream, and if I cannot remember it, then recall another dream, because that will trigger other dream memories. I did just as he instructed this morning, and sure enough, my last dream, which I could not remember at all, started coming back to me. I really liked his section on reality checks too. As far as techniques, the book only gives one -- MILD. I knew a little about it from a YouTube video I had watched previously, but this book gave a much better presentation of it. The author states that focusing on too many techniques can be problematic...that it is better to go deep with one technique that shallow with a few. I get that, but hopefully, MILD is the technique for me. I intend to make a serious effort at it. If I meet with any success, I will add it to this review. One last comment: I just skimmed through chapters 1-10. I wouldn't exactly call those chapters fluff because I can see where some people might really benefit from them, but I didn't really get hooked until chapter 11. From that point on, I thought the book was great.

This book is already changing my life! Only after a few days of putting Sean's advice into practice, I

am seeing the results of what being more conscious in my dreams can do. I feel more in control and empowered in my daily life and it's so liberating. One of my concerns with lucid dreaming is that I wouldn't have the time, but the techniques are simple and I find myself wanting to practice. Sean is very authentic and I like the style of the writing. Something unique I found was that I actually understand the process of learning to lucid dream now. It's a step-by-step process that for some reason I never really understood before. Either no one explained it well, or I just didn't get it. But now it's pretty simple. This book has been huge help in motivating me to lucid dream. I simply know where I am at in the process, all the time.

This book is interesting, accessible, and effective. It explains concepts about dreaming that are abstract and difficult to articulate in a clear way. If you are interested in lucid dreaming in any capacity, then this is the book for you! Reading this helped me to deepen my practice and gave me new ideas about how to enter and explore the dream world.

Right from the first night I have been able to remember my dreams and write them down. I'm on my way to the next steps. It looks like it is the perfect first book on the subject for me. It is quick read and it covers the needed pieces to get you started!

I started reading this book a short time ago. I was a person who rarely remembered their dreams; I now am able to recall something on most mornings. I am not having lucid dreams yet, but seem to be making progress. The techniques in this book are rather simple, but good in my opinion.

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