

Exploring The World Of Lucid Dreaming Stephen Laberge

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Exploring The World Of Lucid Dreaming By S. LaBerge and H. Rheingold | Summary | Free Audiobook [Lucid dreaming techniques, Stephen LaBerge](#) **Book Series: Exploring the World of Lucid Dreaming by Stephen LaBerge, Ph.D** Exploring the World of Lucid Dreaming (Chapter 1: The World of Lucid Dreaming) **Exploring the World of Lucid Dreaming (Chapter 2: Preparation for Learning Lucid Dreaming)**

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Exploring the World of Lucid Dreaming is indeed a gateway into a whole new world. It makes you realize - if you haven't yet - that the inherent power of your mind to shape your reality is just enormous. Because the book comes from two academics, it seems safe to trust their guidance and try lucid dreaming for yourself.

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Exploring the World of Lucid Dreaming by Stephen LaBerge

Exploring the World of Lucid Dreaming. Mass Market Paperback - Nov. 13 1991. by Stephen LaBerge PhD (Author), Howard Rheingold (Author) 4.6 out of 5 stars 326 ratings. See all formats and editions.

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Exploring the World of Lucid Dreaming is a self-teaching curriculum, a step-by-step method for learning to have and use lucid dreams. You can learn at your own pace, and to your own depth, how to explore your lucid dreams and use them to enrich your life.

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