



LUCID DREAMING
A Concise Guide to
Awakening in Your Dreams
and in Your Life

Stephen LaBerge, Ph.D.

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What if right now, reading these words, you suddenly realized that you were actually dreaming—and that in this domain you could do anything imaginable? That is what it's like to dream lucidly, teaches Stephen LaBerge. With *Lucid Dreaming*, the author of *Exploring the World of Lucid Dreaming* (more than 120,000 copies in print; Ballantine, 1991) teaches his simple, tested methods for becoming fully conscious in the dream state.

With techniques perfected during LaBerge's 20 years of pioneering research at Stanford University, now anyone can learn to consciously explore and use their dreams for self-discovery, creativity, fantasy fulfillment, emotional healing, and profound spiritual insight. Available for the first time in paperback, this complete mini-course shows you:

- The fastest and most effective program to awaken in the dream state
- How to “re-dream” your nightmares to resolve hidden fears
- Ways to use dream work for emotional healing
- How to use the lucid dream state to more fully awaken in your daytime hours

Features a CD complete with dream induction sessions, exercises, and more.

Stephen LaBerge, Ph.D., is a leading researcher in the field of lucid dreams. The author of *Exploring the World of Lucid Dreaming*, LaBerge received his Ph.D. in psychophysiology from Stanford University in 1980 and laid the groundwork for his pioneering breakthroughs in lucid dreaming research. In 1988, Dr. LaBerge founded the Lucidity Institute, an organization dedicated to advancing research on the nature and potentials of consciousness and to apply the results of this research to the enhancement of human health and well-being.

See Stephen's website: www.lucidity.com

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