



## Lucid Dreaming: A Beginner's Guide to Becoming Conscious in Your Dreams

By Charlie Morley

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Lucid Dreaming: A Beginner's Guide to Becoming Conscious in Your Dreams, Charlie Morley, Lucid Dreaming is an exciting new book that explores the 'Why? How? Wow!' of waking up to life by becoming conscious in your dreams. This book contains: a host of tips and techniques for becoming lucid in your dreams; holistic and spiritual benefits of living a more awakened life; amazing, real-life case studies; contributions from the world's leading lucid dreaming experts; and learning modules designed to help you wake up to your full potential! Hay House Basics is a new series that features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, Hay House Basics guarantees practical, targeted wisdom that will give you results!.



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