



Exploring the World of Lucid Dreaming

Stephen LaBerge, Howard Reingold

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"[A] solid how-to book...For amateur dream researchers, this is a must."

WHOLE EARTH REVIEW

This book goes far beyond the confines of pop dream psychology, establishing a scientifically researched framework for using lucid dreaming--that is, consciously influencing the outcome of your dreams. Based on Dr. Stephen LaBerge's extensive laboratory work at Stanford University mapping mind/body relationships during the dream state, as well as the teachings of Tibetan dream yogis and the work of other scientists, including German psychologist Paul Tholey, this practical workbook will show you how to use your dreams to: Solve problems; Gain greater confidence; improve creativity, and more.

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