

Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth

By Robert Waggoner, Caroline McCready

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Aimed at beginners, *Lucid Dreaming, Plain and Simple* shows the reader how to enter and fully experience the lucid dreaming. Among the amazing things Waggoner and McCready teach readers are how to:

- consciously decide what actions to perform
- explore dream space (or the contents of your subconscious)
- interact with dream figures
- conduct personal and scientific experiments
- be free of waking state limitations (e.g., flying, walking through walls, and discovering creative solutions to waking issues)

This book approaches lucid dreaming from a more cognitive psychology stance, and focuses more on how to lucid dream and how to use lucid dream techniques for personal growth, insight and transformation. Whether a reader is completely new to lucid dreaming or someone who has experienced that incredible moment of realizing, "This is a dream!", readers will learn valuable tips and techniques gleaned from scientific research and decades of experience to explore this unique state of awareness more deeply.

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Editorial Review

About the Author

Robert Waggoner is a past President of the International Association for the Study of Dreams (IASD) and a graduate of Drake University with a degree in psychology. He is the co-editor of the online journal, *Lucid Dreaming Experience* and is a frequent speaker at national and international dream conferences. He is the author of *Lucid Dreaming: Gateway to the Inner Self*. Visit Robert online at www.lucidadvice.com.

Caroline McCready is a meditation and art teacher based in London.

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