



## Lucid Dreaming: A Beginners Guide to Becoming Conscious in Your Dreams

By Morley & Charlie

Hay House, 2017. Soft cover. Condition: New. 216pp. 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 worlds leading lucid dreaming experts, 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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