



Lucid Dreaming: A Beginner's Guide to Becoming Conscious in Your Dreams (Hay House Basics)

By Charlie Morley

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Lucid Dreaming: A Beginner's Guide to Becoming Conscious in Your Dreams (Hay House Basics) By 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
- 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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Editorial Review

Review

Charlie's clarity, humility and humanity make it easier for people to understand the deep and important subject of lucid dreaming. -- Lama Yeshe Rinpoche, author of Living Dharma These books were simple, easy to understand and offer a fantastic place to start. These are books that you will turn to again and again.

Woman's Way

About the Author

Charlie Morley is a teacher and author with a unique insight into lucid dreaming, and a rare ability to synthesize both Western and Eastern perspectives on lucidity.

www.charliemorley.com

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