



# **Lucid Dreaming: Learn How To Control Your Dreams In 10 Easy Steps - Lucid Dreaming Techniques (Lucid Dreaming, Astral Projection, Visualization Techniques)**

*Mia Rose*

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## **Lucid Dreaming For Beginners: Learn How to Control Your Dreams in 10 Easy Steps**

**From Amazon Best Selling Author Mia Rose** Have you ever woken from a dream (or nightmare) and wished that you could have changed the ending? If so, this book may be perfect for you! Lucid dreaming is the art of taking control of our dreams. It has been practised throughout history but until recently the way in which Lucid Dreaming works has been a mystery. Today, science has begun to understand the way in which the two sides of our brains work together to form our personalities. In particular, the importance of our unconscious mind is now better understood than ever before. This book will take you through the simple steps required to begin to control your dreams. The book also looks at the benefits and the practicalities of Lucid Dreaming. The techniques described have been gathered together from expert sources and are designed to be simple to use and easy to learn. Lucid Dreaming can help you to solve problems, develop your creative side and even reduce stress and depression. This book will teach you in simple steps to take control of your own mind and to access a deeper level of consciousness than ever before!

### **Here Is A Preview Of What You'll Learn...**

The Top Tips To Begin To Practice Lucid Dreaming

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