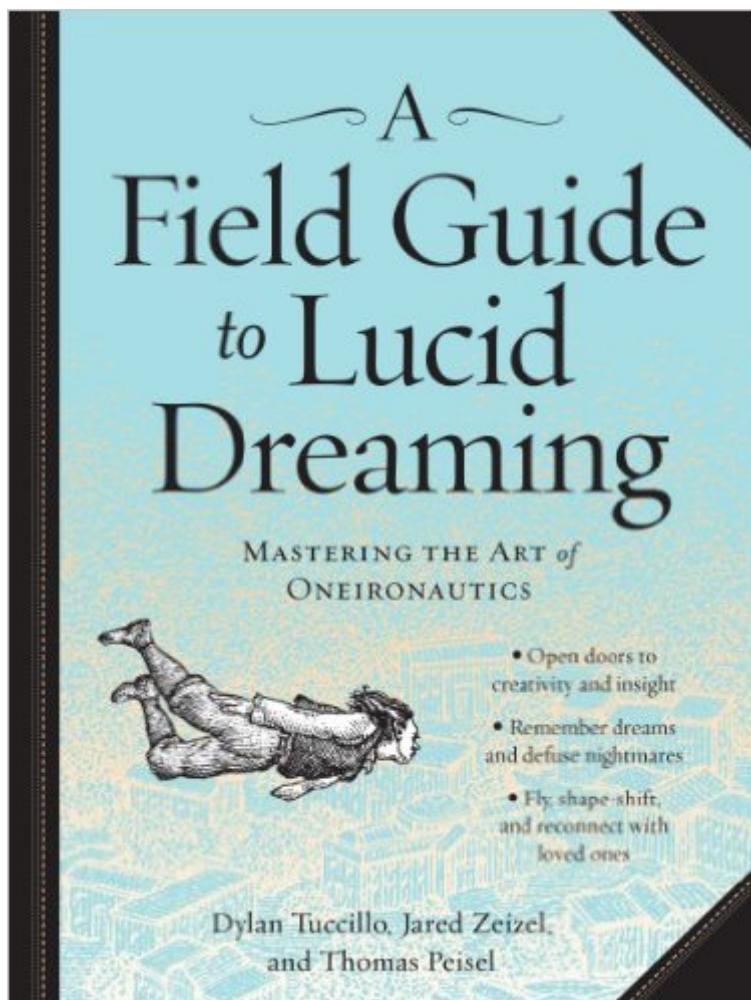


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# A Field Guide To Lucid Dreaming: Mastering The Art Of Oneironautics



## Synopsis

Imagine being able to fly. Walk through walls. Shape-shift. Breathe underwater. Conjure loved onesâ •or total strangersâ •out of thin air. Imagine experiencing your nighttime dreams with the same awareness you possess right nowâ •fully functioning memory, imagination, and self-awareness. Imagine being able to use this power to be more creative, solve problems, and discover a deep sense of well-being. This is lucid dreamingâ •the ability to know you are dreaming while you are in a dream, and then consciously explore and change the elements of the dream. *A Field Guide to Lucid Dreaming*, with its evocative retro illustrations, shows exactly how to do it. Written by three avid, experienced lucid dreamers, this manual for the dream world takes the reader from step oneâ •learning how to reconnect with his or her dreamsâ •through the myriad possibilities of what can happen once the dreamer is lucid and an accomplished oneironaut (a word that comes from the Greek *oneira*, meaning dreams, and *nautis*, meaning sailor). Readers will learn about the powerful REM sleep stageâ •a window into lucid dreams. Improve dream recall by keeping a journal. The importance of reality checks, such as â œThe Fingerâ •â •during the day, try to pass your finger through your palm; then, when you actually do it successfully, youâ ™ll know that youâ ™re dreaming. And once you become lucid, how to make the most of it. Every time you dream, you are washing up on the shores of your own inner landscape. Learn to explore a strange and thrilling world with *A Field Guide to Lucid Dreaming*.

## Book Information

Paperback: 288 pages

Publisher: Workman Publishing Company; First Edition edition (September 10, 2013)

Language: English

ISBN-10: 0761177396

ISBN-13: 978-0761177395

Product Dimensions: 6 x 0.8 x 8 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (62 customer reviews)

Best Sellers Rank: #142,368 in Books (See Top 100 in Books) #103 inÂ Books > Health, Fitness & Dieting > Mental Health > Dreams #5357 inÂ Books > Religion & Spirituality > New Age & Spirituality #14148 inÂ Books > Self-Help

## Customer Reviews

I wanted to like this book but I really can't say I did. I'll try and keep my review balanced to help

others decide if this is a book for them. My first impressions were "This is a really short book!". The page count listed on is misleading, while there may be 288 pages the actual amount of text in this book is much less. This is more of a magazine than a book. The font is large and there are space filling pictures and graphics everywhere. I'll not deny it looks pretty, it just feels like it's a bit of a cheat. However, if you're drawn to pretty pictures and simplistic content you may enjoy it, if you're looking for something with depth and useful new information, you'll probably feel like me, a little ripped off. I'd consider my reading speed reasonably average but I finished this book in one evening! not because it's enthralling but just because it is short. As for the content of the book, this is where I really started to dislike the book. I've read a lot of lucid dreaming books and have been a lucid dreamer since at least the 90s. Nearly everything written in this book has been reworded and regurgitated from books by established experts. Basically what you are buying here is a rehash of classic books only with about 80% of the content removed and replaced with pictures. Considering this book started life as a kickstarter project by a group of young of 20 year olds, it's not completely surprising that they don't have the experience necessary to write with authority or knowledge. I don't want to be completely harsh here, they have done a good job in making a very simple rewording of older books, just don't expect anything new.

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