



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

Charlie Morley

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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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