



Dream Control for Beginners

By Randy Kujawa

America Star Books, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.In Dream Control for Beginners, I utilize my own lucid dreaming experience of more than thirty years to teach others how to lucid dream and control their dreams. The book includes a few very basic, simple instructions to teach others how to attain and maintain dream lucidity and how to use dream control to improve the dreamer's life. One can also explore lucid dreaming simply for the fun of it. Virtually everyone can relate to some of the dream themes and scenarios found within. The book explains how to use the genius of one's subconscious mind; it details things a dreamer may encounter, how to control dreams (with examples), and how to eliminate nightmares, fears and phobias for adults and children. I also introduce and teach lucid dreaming as possible therapy for the handicapped, which has never been done before. The very simple ideas, methods and techniques I explain in non-technical, everyday language, and this, along with the examples of some of my more fascinating lucid dream experiences, make this book not only informative and instructional,...



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