



## Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth

By Robert Waggoner, Caroline McCready

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Aimed at beginners, *Lucid Dreaming, Plain and Simple* shows the reader how to enter and fully experience the lucid dreaming. Among the amazing things Waggoner and McCready teach readers are how to:

- consciously decide what actions to perform
- explore dream space (or the contents of your subconscious)
- interact with dream figures
- conduct personal and scientific experiments
- be free of waking state limitations (e.g., flying, walking through walls, and discovering creative solutions to waking issues)

This book approaches lucid dreaming from a more cognitive psychology stance, and focuses more on how to lucid dream and how to use lucid dream techniques for personal growth, insight and transformation. Whether a reader is completely new to lucid dreaming or someone who has experienced that incredible moment of realizing, “This is a dream!”, readers will learn valuable tips and techniques gleaned from scientific research and decades of experience to explore this unique state of awareness more deeply.

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### **Editorial Review**

#### **About the Author**

Robert Waggoner is a past President of the International Association for the Study of Dreams (IASD) and a graduate of Drake University with a degree in psychology. He is the coeditor of the online journal, The Lucid Dream Exchange and is a frequent speaker at national and international dream conferences. He is the author of *Lucid Dreaming: Gateway to the Inner Self*. Visit Robert online at [www.lucidadvice.com](http://www.lucidadvice.com).

Caroline McCready is a meditation and art teacher based in London.

### **Users Review**

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As people who live in the actual modest era should be update about what going on or data even knowledge to make these individuals keep up with the era which is always change and advance. Some of you maybe may update themselves by reading through books. It is a good choice in your case but the problems coming to you actually is you don't know which you should start with. This *Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth* is our recommendation to make you keep up with the world. Why, because book serves what you want and wish in this era.

##### **Gary Askew:**

The particular book *Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth* has a lot of information on it. So when you read this book you can get a lot of help. The book was authored by the very famous author. The writer makes some research previous to write this book. That book very easy to read you will get the point easily after looking over this book.

##### **Henry Jones:**

*Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth* can be one of your beginning books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to place every word into enjoyment arrangement in writing *Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth* nevertheless doesn't forget the main point, giving the reader the hottest along with based confirm resource info that maybe you can be one among it. This great information can drawn you into brand new stage of crucial pondering.

**Doris Stone:**

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