

# Lucid Dreaming Techniques, Beginners Guide How To With

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BEGINNERS GUIDE TO LUCID DREAMING TECHNIQUES "Imagine Being Able To Choose What You Do In Your Dream..." Which would you choose? To Fly? To Be an Eagle and Fly? To Walk Through Walls? To Have Superhuman Strength? All these things and more are possible in your dreams with Lucid Dreaming! What is Lucid Dreaming? Technically speaking, it is being aware that you are dreaming while you are in your dream. This awareness -- knowing that you are dreaming -- creates endless possibilities for your actions in the dream! Besides the fun and exhilaration you can feel in your dreams by doing things like flying, or turning into animals, or having superhuman powers, you can also use Lucid Dreaming to: Help recall your dreams! Help interpret your dreams! Help you communicate with your subconscious! Help your creative work -- some people compose music in Lucid Dreams! Help you prepare for a speech or performance with vivid Lucid Dream rehearsals! You can rehearse sales presentations, what you will say to your boss, your upcoming job interview, asking for a raise, asking someone for a date, asking someone to marry you -- in short, anything you want to rehearse, you can do so very vividly in your Lucid Dream! Just think of how being able to do these things could help you in your life -- even if you just need to wind down and enjoy yourself after a stressful day! The Beginner's Guide To Lucid Dreaming Techniques gives you the details, facts and specific techniques you need to start enjoying Lucid Dreaming for yourself! Within this guide, you will find answers to these important questions: What Important information should I know about how my sleeping patterns affect my dreams? What Steps can I take during the day that will help me to Lucid Dream at night? What Techniques can I practice to encourage Lucid Dreaming? What can I do before I go to sleep to help induce Lucid Dreaming? What can I do as soon as I wake up? How can I continue my Lucid Dream if I find myself "leaving" the dream? How can I influence my dreams? And much more! Grab your own copy of The Beginner's Guide To Lucid Dreaming Techniques today, and start enjoying your sleep! You get an IMMEDIATE DOWNLOAD of this awesome guide, so you can put it to use before you dream tonight! Click the order button below! P.S. Imagine how your life can change for the better, when you change your dreams! Order now to start your

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