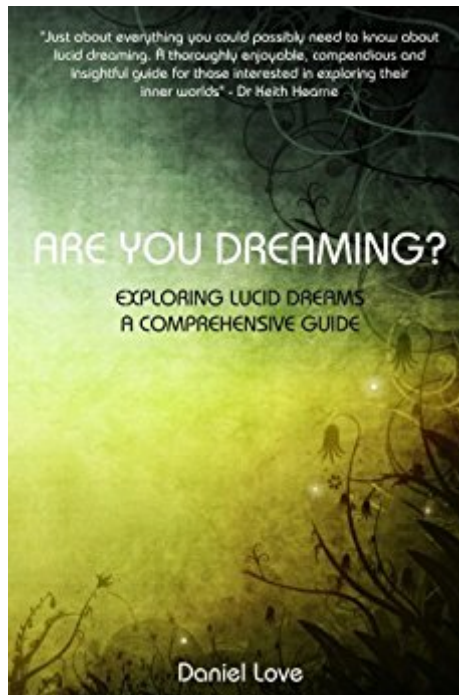




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Are You Dreaming?: Exploring Lucid Dreams: A Comprehensive Guide



Synopsis

'Just about everything you could possibly need to know about lucid dreaming. A thoroughly enjoyable, compendious and insightful guide for those interested in exploring their inner worlds.' - Dr Keith Hearne Discover the Universe Inside your Mind Astonishingly, there is around a 1 in 10 chance that you are dreaming at any given moment... including right now! Every night, you adventure inwards to a universe made from the very fabric of your being: your dreams. Dreaming accounts for around 11% of your daily experience and, amazingly, each year you will spend an entire month dreaming. What if you could wake up to this mysterious world, to learn to consciously explore the inner depths of your mind? Such an experience is indeed possible. It is called Lucid Dreaming. Isn't it time you woke up to your dreams? Lucid dreaming is a scientifically verified and learnable skill by which you become aware that you are dreaming, whilst dreaming. Such knowledge imbues you with an almost unlimited control over your dreaming adventures. The power of lucid dreaming will also greatly enhance your waking life, opening new avenues of creativity, confidence, self-improvement, problem-solving, philosophical exploration and so much more. A universe of opportunity awaits you. Master the art of lucid dreaming In this deeply comprehensive and modern guide to lucid dreaming, expert lucid dreamer and oneirologist, Daniel Love, will aid you on your unique journey through the fascinating exploration of your mind. This book brings the subject of conscious dreaming fully up to date, including the latest discoveries, research, techniques and much more. It is the perfect guide to help you unlock the hidden potential of your dreams, catering for both beginners and advanced lucid dreamers alike. 'Are You Dreaming?' is a no-nonsense approach to this enthralling phenomenon and is simply one of the most thorough, accessible and in-depth contemporary guides to exploring and mastering lucid dreaming.

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Customer Reviews

Daniel Love gives you all the information you need to become an experienced lucid dreamer. He has a very straightforward and well organized way of explaining ideas and techniques. Love never gets too spiritual, but he shares many ideas as food for thought. While this is mostly a guide book, when reading you'll likely realize that lucid dreaming can have a massive impact on your daily life and is much more than just a cool hobby. It can create some truly life changing experiences.

All those who are interested in lucid dreaming can benefit from this book. You can be sure that all of the other reviews you see here are genuine consumers who have read the book as it really is as good as they say. If you have no prior information about lucid dreaming, this book provides more than enough information to get you to your first lucid dream. *Are You Dreaming* describes the basics you should work on to start dreaming, but also the more advanced methods you will need to control dreams and accomplish dream goals. Daniel Love is well informed and humble as a lucid dreaming expert.

This work by Daniel Love is a full-fledged Instruction Manual for would-be lucid dreamers and a worthy Library Reference for skilled oneironauts. I can't imagine that anyone could read this book without discovering something new they didn't know or implementing some tip or technique they have never tried. The author's impressive knowledge, perspective, embracing style and passion for the subject draws us in, and (in my own case) I found myself so absorbed in thought that I soon decided to give each chapter its own day. If you are new to lucid dreaming, be ready for this. Our dreams have so many potential avenues to consider and explore, this comprehensive in-depth guide might seem at first a bit overwhelming. Fear not. All of the basics are in here and easy to spot.

Once you wake up in your first lucid dream, believe me, you'll be hooked and the rest of this book will keep beckoning you back for more. Thank you, Daniel, for this remarkable work and sparing the rest of us the trouble.

"Are You Dreaming? - Exploring Lucid Dreams: A Comprehensive Guide". I've read a number of books on the topic and find this book concise and to the point. The "three pillars" concept is spot on and the various methods suggested are most useful. While I have learned something from every book I've read on the topic, THIS is the one I am most apt to use as a reference source because of its scope and the way the topics are organized.

This is the finest book I have read on the subject. The author is clearly knowledgeable. However, the author remains accessible throughout the book. He writes with humility. He is able to clearly convey his ideas without overwhelming you with hubris. In my opinion this stands in stark contrast to many other authors who have written on the subject. Also, the author writes without bias while at the same time conveying a deep sense of passion for the subject. In my opinion, this should be the FIRST book you read on the subject.

I really like this book so far, I'm only half way through it so I can not conclude my review at the moment but so far its great. The first couple of chapters are a little bit draggy due to the fact that it gives a wide broad history on references to lucid dreaming in years past. (which is not a bad thing by any means, it gives you great resources if you plan to further your readings) Its very inspiring, and simple to understand. I will update when I finish the book

Anybody who is into lucid dreaming simply must add this to their collection - Daniel Love does a great job covering the basic concepts as well as providing more in-depth background for those who have already discovered LD. Daniel also works as the LD consultant on the upcoming series Anamnesis - a sci-fi drama based the world of LD, and they are using this book as a general guide in helping keep the show authentic. There are only a handful of comprehensive LD books out there, so oneironauts from all backgrounds need to read this from cover to cover and keep it by their bedside for continued reference.

Well-researched and well-written book on lucid dreaming. Much of the material may be found elsewhere, but presented well in this book. I especially appreciated the use of the classic "memory

peg" technique to bridge lucid dream memories to waking consciousness. In my opinion this should be on your shelf or your Kindle if you want to go from reading about lucid dreaming to actually doing it.

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