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Llewellyn Publications, U.S. Paperback. Book Condition: new. BRAND NEW, Lucid Dreaming for Beginners: Simple Techniques for Creating Interactive Dreams, Mark McElroy, In a lucid dream, you're aware that you're dreaming . . . so you can transform your dreams into fabulous adventures. From flying to traveling through time to visiting loved ones in spirit form, this book makes it easy for you to experience anything you wish. Popular author Mark McElroy presents a simple and effective 90-day plan for achieving lucid...

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