



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

Daniel Love

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'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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