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DREAMING WHILE AWAKE: TECHNIQUES FOR 24-HOUR LUCID DREAMING



Hampton Roads Publishing Co, United States, 2003. Paperback. Book Condition: New. Revised.. 212 x 140 mm. Language: English . Brand New Book. What if you could dream 24 hours a day, even while awake? According to innovative psychotherapist Arnold Mindell, Ph.D., we already do. The seeds of dreaming arise in every moment of the day, in body symptoms, problems, relationships, subtle feelings, interactions, random thoughts, and fantasies. We re getting countless little cues from the unconscious every minute. All are...

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- Authored by Arnold Mindell
- Released at 2003



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