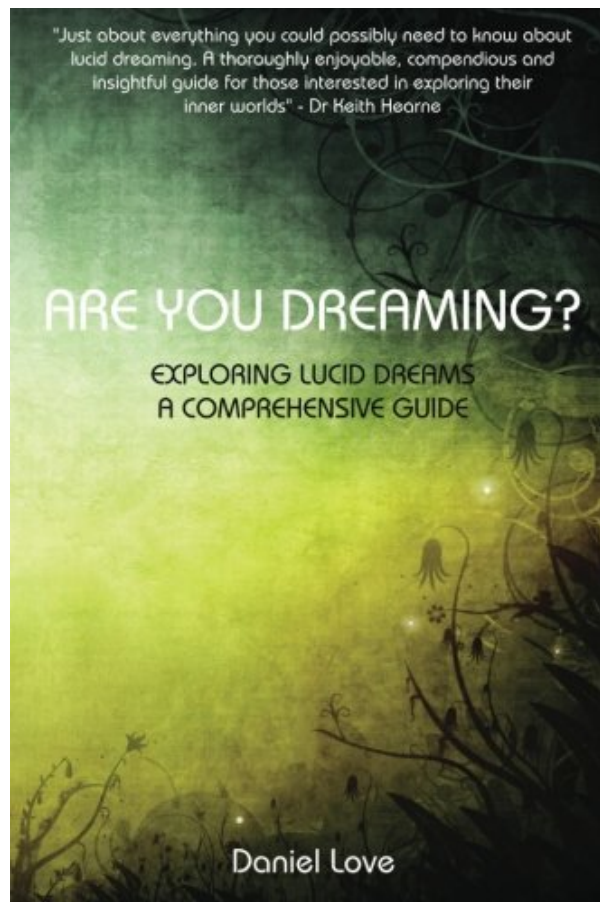


ARE YOU DREAMING?: EXPLORING LUCID DREAMS: DREAMS: A COMPREHENSIVE GUIDE BY DANIEL LOVE



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Review

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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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Most helpful customer reviews

40 of 42 people found the following review helpful.

This book puts the subject of lucid dreaming back on course with what is practical and attainable.

By Amazon Customer

"Are You Dreaming?" is a wonderful book. One of the best I've read on the subject and way over due in my opinion. It goes up there with the works Dr. Stephen LaBerge, Dr. Celia Green, Dr. Keith Hearne and Robert Waggoner. What I really appreciated about Daniel Love's contribution was that he doesn't get into any metaphysical new agey stuff, that has watered down the scientific credibility of lucid dreaming over the past 20 years or so since Dr. LaBerge and Dr. Hearne published their scientific findings back in the 1970's. This book puts the subject back on course with what is practical and attainable. Being that this book is a guide, it introduces the reader to the science of sleep and to those individuals that pioneered the study and research of lucid dreaming such as Marquis d'Hervey de Saint-Denys to current day researchers Dr. Stephen LaBerge and Dr. Keith Hearne. We get to know the stages of sleep and the bare essential tools necessary for improving dream recall and for having lucid dreams. The author then offers tried and tested techniques that he and others have experimented with for inducing lucid dreams, some familiar and some new. The critical timing of brain chemistry for lucid dreaming was new to me but it makes perfect sense. Our brain chemistry changes over the course of a 24 hour period and knowing when you are more likely to have the right balance to make lucid dreams probable is very helpful. There is no "magic bullet" that will make you have lucid dreams however, but this book points the way. It takes work and vigilance to have lucid dreams but the rewards for your efforts, in my opinion, are priceless. I have been studying and cataloging my dreams since 1990 and to this day still find the experience of being in that hybrid state of consciousness amazing. I know that anyone who has a sincere interest in developing this skill will find that this book yields results.

30 of 33 people found the following review helpful.

Compendious guide that I would recommend to anyone wanting to learn more about lucid dreaming.

By Josh

I've read around fifteen books on the subject of dreaming. Most tend towards the extreme ends of the mysticism/scientific spectrum. This book falls in between those extremes, it's the most human book I've read on the topic. The author leaves the questions of spirituality of the subject up to the reader without trivializing them or enforcing them. As such, I would recommend this book to anyone who is interested in the subject of dreaming and would like to learn more about it without having to wade through heavy subjective viewpoints.

For anyone who is looking at the price thinking it to be a bit high, it does look that way but is well worth the price tag and more. The author has done his research, keeps his personal biases to a minimum and offers all

the information in a clear and concise format. Of all the books I have read, or even skimmed through, on the subject of lucid dreaming, none have been so compendious and concise at the same time. For someone new to the subject this is a treasure trove of information that I had to spend the past few years learning, and even with the years I have spent researching there was still much to be gained from reading this book. The only place where the author shows personal bias, he explicitly says that it is his own opinion and readers may find that they disagree. For referencing there is an index, but with the information set in such and easy to use format you can easily use this book for reference purposes after you have finished reading it.

All in all, this is a must read for anyone interested in the subject. It manages to be scientific in its scope and human in its presentation.

16 of 18 people found the following review helpful.

More than a book about Lucid Dreaming. It's a Testament.

By Stephen Berlin

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.

See all 38 customer reviews...

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