

<<别在梦中沉睡>>

图书基本信息

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内容概要

It was once thought that lucid dreaming was a gift given only to certain people, much like true Psychics have; but this is not the case. Anyone can learn lucid dreaming; it just takes practice and time. According to Charles McPhee, you must spend the time to identify when your sleep cycles are, and when your dream cycles come. Then, as you become more aware of your sleep cycles, you can prepare mentally for those times. "When you awaken early in the morning, before you roll over and close your eyes for another cycle, be confident that your dreams are on their way. In the early morning hours, you stand on the brink of thirty to forty-minute blocks of nonstop dreamscape action. The trick, of course, is to recognize the dreamscape." (103).

McPhee, Charles. Stop Sleeping Through your Dreams - A Guide to Awakenng Consciousness During Dream Sleep. Henry Holt and Company, Inc. 1995.

Learn How to Control Your Dreams And Your Destiny!

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作者简介

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书籍目录

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