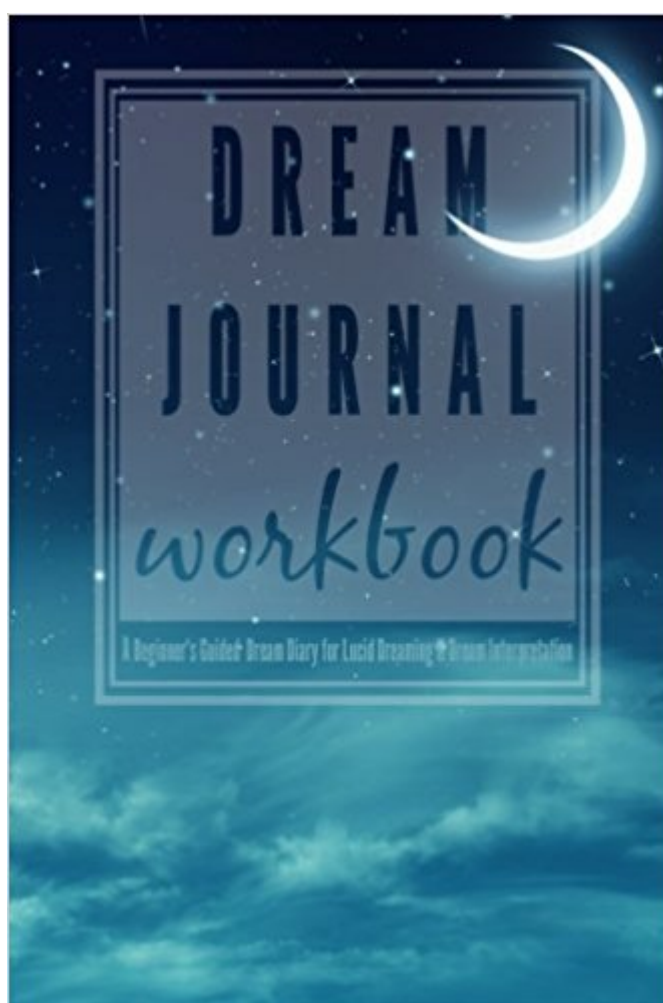


The book was found

Dream Journal Workbook: A Beginner's Guided Dream Diary For Lucid Dreaming And Dream Interpretation



Synopsis

Dream Journal Workbook: A Beginner's Guided Dream Diary for Lucid Dreaming and Dream Interpretation

The art of lucid dreaming is becoming aware within your dream that you are dreaming. This power allows you to take control of your dream so that you can literally do anything you can imagine. Want to soar through the sky? You can. Date the person of your dreams. You can. Race down a curvy road in a Lamborghini Aventador? You can. Anything you can imagine you can do once you learn the power of lucid dreaming. This lucid dreaming workbook is for beginners and serious dreamers who want to take control of their dreams. Easily record and track your daily dream journeys either in full or in short records. Each session strengthens your lucid dreaming powers. This guided dream journal will help you explore the many different levels of dream life. This dream diary is great for both beginners and experienced dream explorers. It functions in many ways as a workbook to help access deeper knowledge of your dreams as well as prepare you for lucid dreaming by tracking your daily sleep life. There are areas for dream interpretation and analysis and lucid dreaming tracking. It's like a lucid dreaming kit for beginner's. Grab this dream journal today and start exploring tonight.

Book Information

Diary: 102 pages

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Customer Reviews

It's great. You might wanna use this after writing your dream down on blank paper or something. It's a little too formatted and structured for a dream. Makes you think too hard if you're just waking up and trying not to lose it. But it's good if you write all that s*** down and then write the barebones in here. I've found over time if you keep remembering your dreams they get crazy detailed and it's like

3 pages of information. So putting the basics in makes it easier to look back, remember important details, recognize patterns, as a format for analysis and record keeping it's great. Without reading whole novels. Coz dreams are like weird watery flowy and writing it fast you need to be more linear or as you remember, and this sorta asks you to categorize. So you'll try to fill it in but be all over the place. So first write it on blank paper and fill it in after or later or something.

It's thinner than I expected, only room to write about 49 dreams, but I should have looked closer at the description which does say 102 pages. I also thought buying this would motivate me to journal about my dreams more, but I've had this for over 2 months and haven't used it yet. I'd suggest just using a notebook for awhile until you know what's right for you when recording dreams.

My husband loves this book. Very fun to interpret dreams

Very easy to use and a great tool to help organize your thoughts.

I got this book for my daughter. I thought it was something different but she liked it

Nice gift from my teen daughter to her BFF. The female teen recipient loved it.

Cool

loved it

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Dreams: The All-In-One Guide for Dream Interpretation and Lucid Dreaming to Uncover the Power of Your Subconscious Mind Classic Journal (Diary, Notebook): Classic Journal / Writing Notebook / Blank Diary - 210 Pages, 7" x 10", Hardcover Journal-diary gift. LSD: The Truth About Acid: The Ultimate Beginner's Guide to Lysergic Acid Diethylamide And Its Full Effects (LSD, Acid, Psychotherapy, Lucid Dreaming, Psychedelics) Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep Lucid Dreaming, Plain and Simple: Tips and Techniques for Insight, Creativity, and Personal Growth A Practical Guidebook for Lucid Dreaming and Out-of-Body Travel Between the Gates: Lucid Dreaming, Astral Projection, and the Body of Light in Western Esotericism A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics Exploring the World of Lucid Dreaming Lucid Dreaming: Gateway to the Inner Self Are You Dreaming?: Exploring Lucid Dreams: A Comprehensive Guide Astral Projection: Learn The Secrets To Experience Out Of Body Control (Astral Travel, Consciousness, Lucid Dreaming Book 1) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques)

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