

The Lucid Dreamer: A Waking Guide for the Traveler Between Worlds

Malcolm Godwin



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The Lucid Dreamer: A Waking Guide for the Traveler Between Worlds Malcolm Godwin An unorthodox exploration of the phenomenon of lucid dreaming surveys the nature of the dream world over the last five thousand years, recent research, detailed techniques and exercises from each tradition, and analysis of the nature of dreaming versus waking. 35,000 first printing.



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