



Control Your Dreams: How Lucid Dreaming Can Help You Uncover Your Hidden Fears & Explore the Frontiers of Human Consciousness

Jayne Gackenbach, Jane Bosveld

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The authors reveal how dreaming can help you uncover your hidden desires and confront your hidden fears. With exercises and techniques taken from the most up-to-date scientific dream research, readers learn how to use dreaming for creative work, healing, and meditation.

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