



Sueños lúcidos (Crecimiento personal) (Spanish Edition)

Thomas Peisel

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Tres jóvenes autores, onironautas experimentados, despliegan el ya de por sí sugerente tema de los sueños con un libro que promete convertirse en una gran sensación editorial. Con evocadoras ilustraciones de Mahendra Singh, este delicioso tratado invita a los lectores a incorporar la experiencia del sueño a su mundo real y recoge las técnicas más sencillas para poner el sueño lúcido (ser consciente del sueño mientras sucede) al alcance de todos, desde los primeros pasos, recordar y reconectar con los sueños, hasta las sugerentes experiencias que el sueño lúcido nos puede brindar: volar, reconducir las pesadillas, reencontrar a los seres queridos... e incluso aspectos del crecimiento personal. Un manual de ensueño para todo aquel que quiera cruzar al otro lado del espejo y explorar ese estado de conciencia donde residen la intuición, la creatividad, las profundidades del ser y un enorme caudal de poder curativo y transformador.

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From reader reviews:

Kim McLoughlin:

A lot of people always spent their own free time to vacation or even go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that is look different you can read any book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a publication. The book Sueños lúcidos (Crecimiento personal) (Spanish Edition) it is extremely good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not too costly but this book features high quality.

Clyde Connell:

Playing with family in a very park, coming to see the water world or hanging out with friends is thing that usually you may have done when you have spare time, in that case why you don't try thing that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Sueños lúcidos (Crecimiento personal) (Spanish Edition), it is possible to enjoy both. It is excellent combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout folks. What? Still don't obtain it, oh come on its known as reading friends.

April Miller:

Is it an individual who having spare time and then spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something new? This Sueños lúcidos (Crecimiento personal) (Spanish Edition) can be the answer, oh how comes? The new book you know. You are thus out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these books have than the others?

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