



# Advanced Lucid Dreaming: The Power of Supplements

*Thomas Yuschak*

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Lucid, dream, dreaming, OBE, astral, dreams, psychic, OBEs, LD, LDS

## Advanced Lucid Dreaming: The Power of Supplements Details

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# **From Reader Review Advanced Lucid Dreaming: The Power of Supplements for online ebook**

## **Sebastian Tron says**

I want to be able to know everything and anything about this. I want to be a "pro". I'm interested in this very much because I want to find answers that only I myself can answer. I want to learn excessively about this awesome thing. I want to do it every night. I want to explore different dimensions!

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## **Tyler says**

Nothing I have read on the internet or in print has improved my lucid dreaming more than this book (if you follow his advice and try the supplements). Yuschak writes without a lot of flair, but that's just fine because his writing is very clear and easy to understand, though the mechanical editing is spotty. If you want to take your lucid dreaming to the next level, buy this book - you won't regret it.

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## **Lindsay says**

I've heard there are some errors in the book and it's just a small list of possible supplements you can use for lucid dreaming while actually there are much more but nonetheless a very good book for anyone who's new to using supplements for LD'ing.

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## **Mitch S says**

Great book for perspective on Lucid dreaming. None of the Stephen Leberge books touch on the continuum of thought before bed. Instead of translating thoughts into words, you are supposed to think in feelings, images and sensations. I had 1 lucid dream shortly after reading this book. The supplements part is kind of sketchy and I achieved high level LD without them.

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## **Zana says**

I tried some of supplements and techniques but it didn't work for me at all. The book itself is clear and easy to follow.

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## **Rodrigo Oliveri says**

Una excelente guía de análisis sobre los suplementos que ayudan a conseguir sueños lucidos de larga duración. Una lastima la antigüedad del libro (ya 9 años) y el hecho de que no se encuentre activa la página web del autor. Aún cuando probablemente es bueno reveer el tema de las nuevas investigaciones con respecto a estos suplementos, estoy seguro que la base sigue siendo la misma. Excelente libro, muy recomendado y con un enfoque diferente al de la mayoría de los libros sobre el sueño lucido.

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### **Dustin says**

Works, but takes discipline and a desire to reach further.

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