



My Lucid Dream Journal: for 2016 (The Dream Diaries & Journals Series) (Volume 1)

Jem Friar

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The Lucid Dream Journal has been written & designed in a way that will support anyone who is attempting to explore the incredible world of Lucid Dreaming. It is filled with practices that can help increase the possibility of, as well as heighten the experience of lucid dreaming. Apart from the main section being for recording dreams & lucid dreams, there are also sections for recording dream plans, dream signs, reality checks & some great lucid dream resources. The introduction clearly explains how to use the journal to best effect. This is a fantastic aid to the practice of lucid dreaming. So if you are a keen lucid dreamer or you want to lucid dream more easily & effectively then order your copy now!

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