Lucid Dreams in 30 Days: The Creative Sleep Program (In 30 Days Series)

By Keith Harary, Pamela Weintraub

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With this volume you will learn to explore the mysteries of your sleeping self. Beginning with simple steps such as keeping a dream journal to record your dreams, Keith Harary, Ph.D., and Pamela Weintraub take you step-by-step, day-by-day through the lucid dreaming process. You advance to realizing when you are in a dream state, waking up "in" your dreams, and eventually, actually controlling the content of your dreams.

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Editorial Review

Review

"this fascinating, practical guide to lucid dreaming is based on the breakthrough techniques developed by psychologists and dream researchers around the world. Anyone looking for the latest word in lucid dreaming cannot do better than to follow Harary and Weintraub's easy-to-follow and stunningly effective step-by-step approach." ?*Gayle Delaney, Ph.D., author of All About Dreams and founding president of the Association for the Study of Dreams*

"Excellent. I'm so glad to see Dr. Keith Harary and Pamela Weintraub giving us practical ways of experiencing an amazing altered state of consciousness." ?*Dr. Raymond Moody, author of Life After Life*

"The thirty-day structure of this book renders the idea and practice of lucid dreaming readily available to a wide range of readers. Using *Lucid Dreams in 30 Days* as your guide, you will be able to incorporate lucid dreaming into your life, and by so doing achieve a better understanding of yourself and your self's best friend-the subconscious mind." ?*Ralph Blum, author of The New Book of Runes*

From the Publisher
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About the Author

Keith Harary, Ph.D. has spent decades investigating the issues confronting those who are coping with extraordinary experiences. His research has included extensive laboratory and field research on the physiological and other variables associated with altered states of consciousness, including the development of specialized methods for actively inducing a wide range of altered states.

Harary holds a Ph.D. in psychology, with emphases in both clinical counseling and experimental psychology. He has authored or co-authored hundreds of articles and eight books on topics related to perception, altered states of consciousness, personality, and related topics. He is currently Research Director of the Institute for Advanced Psychology in Tiburon, California, where he continues to conduct research in perception and other areas in association with an interdisciplinary consortium of scientists.

Pamela Weintraub is a longtime magazine journalist living in New York City and the author of thirteen books. She was formerly the editor-in-chief of *Omni.*

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