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Lucid Immersion Guidebook: A Holistic Blueprint For Lucid Dreaming

Ryan Hurd

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Based on the latest lucid dreaming research, as well as wisdom of ancient cultures, the Lucid Immersion Guidebook provides the tools needed to build your own lucid dreaming practice--the art of being aware you are dreaming while in the sleep state. Designed for frustrated beginners and advanced lucid dreamers alike, the Lucid Immersion Guidebook lays out a structured plan -- a holistic blueprint --- for waking up in your dreams quickly, safely, and sustainably. This work is the most up-to-date and comprehensive "how to" book on lucid dreaming, drawing from fresh clinical, anthropological, and neurological sources. It's the best of the old and the new.

Reviews

"In this well written manual, Hurd gives his readers instructions on how to attain mindfulness, purpose, and intention as they attempt lucid dreaming. Hurd's instructions are user-friendly, ingenious, and filled with wit and wisdom. You could not find a better guide in the virtual world."
–Stanley Krippner, Ph.D.
Alan Watts Professor of Psychology, Saybrook University, Co-author of Extraordinary Dreams and How to Use Them

"Looking to wade more deeply into lucid dreaming? Then check out Ryan Hurd's latest project Lucid Immersion. He covers a wide range of lucid dreaming topics in an engaging style with interesting ideas."
– Robert Waggoner
Author of Lucid Dreaming: Gateway to the Inner Self

"Extremely comprehensive, up to date on the latest findings, extensively referenced, and a delight to read, this book should definitely be in the hands of anyone who is ready to take on experiencing the exciting and rewarding realm of lucid dreaming."
-- Robert Van de Castle Ph.D.
Professor Emeritus, University of Virginia Medical Center and Author of Our Dreaming Mind

"Lucid Immersion Guidebook offers an accessible, artfully crafted, and practical guide to becoming fully 'awake' in one's dreams — and in one's life. Highly recommended!"
– Tracey L. Kahan, Ph.D.
Psychology Professor at Santa Clara University
Director of the SCU Sleep Cognition Lab

"If you're looking for a trustworthy, spiritually sensitive, tech-savvy guide into the world of lucid dreaming, you've found him in Ryan Hurd. Lucid Immersion will transform your sense of what's possible in dreaming."
– Kelly Bulkeley, Ph.D.
Author of Dreaming in the World's Religions

“Lucid Immersion really grabbed me from the first sentence. I had a lucid dream this morning after meditation, partly in response to the book. I also love the minimalist style of Hurd’s writing. Very direct, personal, and succinct.”
– G. Scott Sparrow, EdD
Professor of Psychology at University of Texas- Pan American
Author of Lucid Dreaming: Dawning of The Clear Light

About the Author
Ryan Hurd is an independent dream researcher and life-long lucid dreamer. He edits the website DreamStudies.org, lectures internationally about dreams and consciousness, and is a member of the International Association for the Study of Dreams and the Society for the Anthropology of Consciousness. Ryan has a MA in Consciousness Studies from John F. Kennedy University.

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From reader reviews:

Rebecca Clark:

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