



## **Lucid Dreaming [2 volumes]: New Perspectives on Consciousness in Sleep (Practical and Applied Psychology)**

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# Lucid Dreaming [2 volumes]: New Perspectives on Consciousness in Sleep (Practical and Applied Psychology)

## Lucid Dreaming [2 volumes]: New Perspectives on Consciousness in Sleep (Practical and Applied Psychology)

In this fascinating new collection, an all-star team of researchers explores lucid dreaming not only as consciousness during sleep but also as a powerful ability cultivated by artists, scientists, and shamans alike to achieve a variety of purposes and outcomes in the dream.

- Presents a variety of expert perspectives on lucid dreaming from many different cultures that represent a breadth of disciplinary perspectives
- Provides theoretical models that integrate scientific reason, mysticism, and individuals' experiences, making way for a new level of sophistication in the study of lucid dreaming
- Offers practical insights for therapists, teachers, and researchers as well as students and scholars of psychology, anthropology, and religious studies while containing accessible information and compelling personal narratives that will appeal to general readers

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