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Lucid dreaming the ability to be "awake" when you dream is a breakthrough that has been hailed as the first major advance in dream research since Freud. This audio tape by Stephen LaBerge, the most prominent researcher in the field, will teach you this exciting skill, so that you can: Overcome fears and nightmare anxieties. Resolve emotional and psychological conflicts while in the dream state. Learn to apply insights gained in your dreams to your waking life. Learn how to take control of your dreams and guide them in the direction you want them to go - even romantic dreams can be made to come out the way you want them to.

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