



Dream Journal for Reflection and Lucid Dreaming
202 Pages with Prompts Two Page Spread per
Dream: 7"x10" notebook, ideal journal to inspire
lucid ... for jotting memories of dream with sketch

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This guided dream journal has 202 pages (enough space for 100 days) with prompts and a spacious two page spread per dream with plenty of space for free writing and adding your own image or drawing. The pages are undated so you can start recording your dreams whenever you wish.

There is no need to write down your dreams every day - a few times a week can be enough - but do so whenever you get the urge. Usually the main reason for wanting to keep a dream journal is to have lucid dreams. There is space in this dream journal to mark dreams as lucid and to record the moment you realized you were dreaming. In this way you will learn to recognize triggers and dream with greater clarity.

The journal is also useful for reflection and as well as expressing the emotions you feel in your dreams. This dream journal is perfect for those who love the idea of prompts to allow rapid recording of dreams, but also includes plenty of space for freehand writing and drawing.

The journal has a soft yet sturdy cover and is perfect bound so pages will not fall out. The spacious, yet handy-sized 7"x10" format means there is plenty of room to record your dreams in depth.

Handy 7"x10" format.

202 pages for writing and reflection.

White Opaque Paper with grey/black lines.

Soft, sturdy cover.

Perfect bound so pages will not fall out.

Part of the *Dream Journal* series with watercolor cover design by *Travel Treasure*. Our notebooks all have an art cover or inspirational cover.

Other versions of this notebook are also available with 362 pages (180 days/6 months) and with other art and inspirational covers.

To see our full range of notebooks and journals visit us at Spicyjournals.com or click on the Amazon author link for Spicy Journals above.

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Gary Cornejo:

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Ellen Farnsworth:

Reading a publication tends to be new life style in this particular era globalization. With reading through you can get a lot of information that could give you benefit in your life. Together with book everyone in this world can certainly share their idea. Textbooks can also inspire a lot of people. Plenty of author can inspire all their reader with their story as well as their experience. Not only the storyplot that share in the publications. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors in this world always try to improve their talent in writing, they also doing some research before they write for their book. One of them is this Dream Journal for Reflection and Lucid Dreaming 202 Pages with Prompts Two Page Spread per Dream: 7"x10" notebook, ideal journal to inspire lucid ... for jotting memories of dream with sketch.

Helen Mota:

Precisely why? Because this Dream Journal for Reflection and Lucid Dreaming 202 Pages with Prompts Two Page Spread per Dream: 7"x10" notebook, ideal journal to inspire lucid ... for jotting memories of dream with sketch is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will shock you with the secret this inside. Reading this book adjacent to it was fantastic author who have write the book in such incredible way makes the content inside of easier to understand, entertaining means but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of rewards than the other book get such as help improving your proficiency and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the e-book store hurriedly.

Jessica Bradburn:

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