



# **Dream Journal Workbook: A Beginner's Guided Dream Diary for Lucid Dreaming and Dream Interpretation**

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### **Dream Journal Workbook**

A Beginner's Guided Dream Diary for Lucid Dreaming and Dream Interpretation

Do dreams fascinate you? Then this guided dream journal will help you explore the many different levels of dream life. This dream diary is great for both beginners and experienced dream explorers. It functions in many ways as a workbook to help access deeper knowledge of your dreams as well as prepare you for lucid dreaming by tracking your daily sleep life.

There are areas for dream interpretation and analysis and lucid dreaming tracking. It's like a lucid dreaming kit for beginner's.

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