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# Out-Of-Body Adventures



## Synopsis

Teaches step-by-step how to expand consciousness, let go of fears, and experience the exhilarating pinnacle of travel on the astral plane.

## Book Information

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## Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

Very useful. Great to read in conjunction with the Seth Early Sessions as there is overlap. I had my first conscious projection two months after I began really trying to. It was very exciting and satisfying and I can't wait for more!! The real trick, beyond getting over fears, is to not try too hard. He explains all of this very well. Recommended!

If you are wanting to take the leap and try astral projection, you really need to read this book. Mr. Stack is very informative and put it to you in words you can understand. I can't wait to start the different techniques and see which one works best for me!!

I really enjoyed this book. I have been having wonderful "flying dreams" since reading this book. I hope to take Rick Stack's "Seth" course someday.

The best way to get from here to there. More than one way there as Mr. Stack shows. The best. This is the book that explains it all. Buy it. At any point Mr. Stacks offers instruction, both on-line or in person, jump at chance. Actual results. Yes, some theory involved, but actual results will occur. The author has done his "homework."

I bought this book in Mexico in 1990, some weeks later I had my first lucid dream. It was incredible! Then I lost the book and, years later, I bought it again in . The same results, I have had lucid dreams again since then. Some people swear that with their methods you will have one lucid dream in one week, they are lying. Believe me, the best book is this one. It is short but very interesting, easy to use, and the most important thing: IT REALLY WORKS!!! What are you waiting to enjoy one of the best experiences that you will have in all your life?!!!

Rick Stack is a master teacher. Check out his classes at the Seth institute.

Excellent!

I've been curious about how to do this ever since I'd read Bob Monroe's books. This does have some good information and it's well written, easy to understand and friendly. There are some exercises designed to make you examine your beliefs, to ferret out those that may hold you back from having an OOB. I was pleased to read that lucid dreaming is a precursor to OOBs, and there were also some tips on how to utilize lucid dreaming to accomplish your goal. I haven't gotten there but I'll sure keep working on it!

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