



Stop Nightmares: What Causes Bad Dreams and a Guide to Preventing and Reducing Them (Overcoming Nightmares, Sleep Better, Lucid Dreams, Prevent Bad Dreams)

Bart Cladwell

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Understand How the Brain Creates Nightmares and What Can be Done to Reduce Them.

This book is an introduction to how nightmares happen in the brain, what can cause these distressing dreams and helpful advice and suggestions for reducing and even eliminating the frequency of nightmares. This short read should give you some foundation and ideas for dealing with nightmares and get back to a healthy, comfortable good night's sleep.

Here Is a Glimpse of What is Inside...

- Understanding Nightmares
- What Causes Nightmares
- Reducing and Preventing Nightmares
- Lucid Dreaming
- And more!

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