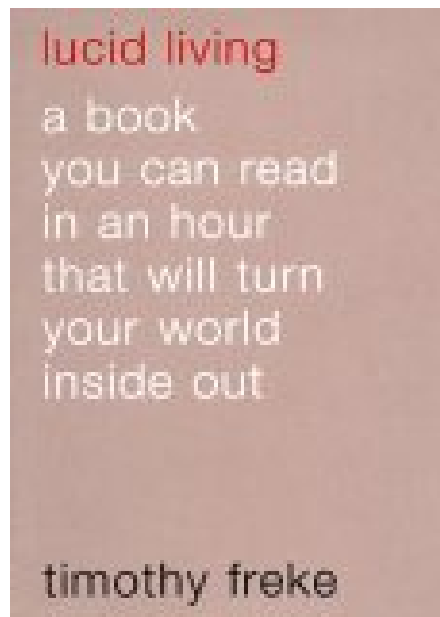




Lucid Living: A Book You Can Read in an Hour That Will Turn Your World Inside Out

Tim Freke , Jeanne Simonelli

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Jeanne Simonelli

This concise book is filled with wisdom.

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From Reader Review Lucid Living: A Book You Can Read in an Hour That Will Turn Your World Inside Out for online ebook

Saarah Niña says

I want to know more

This book has inspired me to want to know more about lucid living. Tim Freke introduces what I would call 'the core beliefs' of such a perspective. His approach is welcoming, inviting and encouraging. I love his writing style, and I was touched by his words.

But I feel this he doesn't explain lucid living in as much detail as I'd have liked: for example, I was confused for a while about what he meant by the state of dreaming. I'm a day dreamer, always have been, but the way he described it was different, and difficult to make sense of. Then there was how he doesn't really differentiate between being asleep and being in a dream like state. Small details, I know, which is why I have given this book three stars.

Also, the principles Tim puts forward were similar to a Buddhist's way of thinking, really I couldn't tell the difference. Then there was how we weren't told of the bigger picture in living lucidly, or the advantages, and research, behind it.

It was obvious he knew what he was talking about, I just wish he had shared more with his eager readers- considering just how interesting the topic was.

I received this book through NetGalley.

Hl says

It's always good to question one's own worldview and reevaluate life. This book provoked me to think, but did not deliver on the promise to change me forever.

I agreed with the author in his view that life is an amazing thing which we should all be more appreciative of and that existence itself is fascinating and mysterious. I also think it's interesting that we can only experience the universe from our own perspective and with our own human senses.

However, I don't buy into the idea of an inherent awareness which is separate and above mind, body and the external world. I don't believe that we're all somehow the interconnected manifestations of a single 'life-dreamer'. We're all just a bunch of chemicals brought together by evolution and responding to outside stimuli. And I think that's beautiful.

I don't regret the short amount of time I spent reading this book, but nor did I gain very much from it. Maybe I just didn't get it.

Adam Dillon says

Does exactly what it says on the tin. It basically turns our conceptions of whether dreaming is reality or

whether our waking hours are real and then Freke suggests that there is a great deal to be learned if we can allow ourselves to lake some of the fear and inhibitions that we carry I will let you read the rest it ain't a hefty tome

Sharon says

Yeah, but, nothing very new here if you've an interest in this kind of stuff anyway. Usefulish, if you're the kind of person who needs to keep being told this over and over again. So, it's not such a bad beginner book, and on the plus side, at least you won't have to wade through hours of dense prose wondering what his message is.

L.P. Logan says

This book is full of many insights that I can honestly say I hadn't ever come across before. The idea, that we are metaphorically in the Matrix, and can wake ourselves up to relocate in Zion is interesting. In fact I can see how most human beings simply go through the motions of life without really grasping the depth of experience that every moment of living offers. But that's okay. Sometimes it happens and its better to be in survival mode than having all of our senses assaulted. Just so long as that isn't our permanent state of operation.

However if you chose to read this book, open it at a time that you are genuinely contemplating life and are looking for a way to change or change your perspective. Otherwise the words herein will fall upon deaf ears and the reader will most likely roll their eyes and consider it a bunch of hooey. In other words, read this one with a grain of salt. Not everything will apply or resonate with you, but maybe something small will which will enable you to live a happier life.

Jeff says

Reading this tiny book was probably the biggest waste of time in my life. What a load of garbage. There is nothing enlightening, interesting or remarkable in this book. The author just spews a weak regurgitation of the same metaphysical mumbo-jumbo that you probably pondered and discarded as puerile nonsense as a pre-teen. This load of crap was merely a smokescreen for the author to meekly implore us with the oh-so-enlightening request to "all just get along".

If I could give this book zero stars I would. The author wasted a half-hour of my life with this pretentious piece of trash and if I ever saw him on the street I would punch him in the throat for it.

The people giving this "book" 5 stars are either joking or pretending they "got" some meaningful message out of this to avoid feeling awkward for not "getting it". Give it up folks, there is nothing to "get" from this steaming pile of crap.

Matt Blair says

At best, a very light introduction to some of the basic ideas of mindfulness and compassion. At worst, utter fluff that continuously pats itself on the back for being life-changing and deep.

Carlos Ramos says

It is indeed a short read.

However, it did not evoke me any philosophical questions or felt it delivered on his promise.

It was a nice past time, but nothing really important or eye opening.

Vicky Colorado says

I agree with several of the other reviewers; if you have read other philosophical works, this book will not be an awakening. However, as a short introductory tome it serves its purpose. I don't think the audience of this book is meant to be versed in Descartes or Sartre for that matter. It takes 30 minutes to read at most.

Jan van Wijngaarden says

Very clever and easy to read way of explaining pretty complex stuff. I must admit that the idea behind wasn't new for me but even then this book is very interesting to read and can help to bring the message to other "dreamers"

Flemming Funch says

Nice little book. Indeed, you can read it in an hour. Clean, simple, enlightening writing. Did it do anything for me? Not really, except for one minor insight I hadn't had before. I could think of writing a book like that myself, which maybe makes me look more critically at it. I had expected something a little more practical in terms of how to actually live lucidly.

tina michelle says

Another gift from my Christmas list ... finally getting around to reading it. Stay tuned (:

Quick read. It says an hour and it means it. Interesting concept about consciousness and philosophy. I can't say I actually wrapped my brain around it. But I have been thinking about it a lot--which is a good sign that it had some impact.

Rebecca says

This an extremely easy read - it took me 30 minutes, not an hour. I think it's a good introduction to the

concept of lucid living, especially if you haven't got a philosophical background. I took an entire course in college on existentialism, and another one on the philosophy of mind, and so I didn't find this too enlightening, and I wasn't blown away by the concepts. But they are great concepts, and if you're interested in thinking a little differently about life, existence, and awareness, it's definitely worth an hour of your time.

Jessica Davidson says

Short and sweet.

Timothy Freke claims this book will turn your world inside out within an hour. It may take a little longer than that to attain awakening and reading a book won't help, but this book may help prod you in the right direction. If you follow his arguments and try the experiments for yourself, you may find the light flickers on briefly. It won't work if you just read it straight through. For full review visit:
<http://jessicadavidson.co.uk/2013/11/...>

Alex Behrman says

Gag me with a spoon.
