



The Good Night Fairy Helps Via Change Her Dream

Renee Frances

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This revolutionary bedtime book is a MUST-HAVE for every young person who dreams and is an invaluable, empowering tool for those who are suffering with nightmares and the anxiety that comes with them.

In *The Good Night Fairy Helps Via Change Her Dream*, REMy and her friends (Alpha, Beta, Delta, and Theta - who possess the same 'talents' as the brainwaves after which they are named), help a young girl change her scary nightmare to happier, more playful dream with the powerful psychological experience of Lucid Dreaming.

Written in verse, this intelligent and accessible book educates readers about the stages of the sleep cycle, emphasizes the importance of sleep, and empowers children to take an active role in their own dream world with a child-friendly guide to becoming a lucid dreamer!

Afterword by the authors of *A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics*

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