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Sleep paralysis: a guide to hypnagogic visions

People who suffer sleep paralysis inevitably focus on their fear and discomfort, but rarely do they recognize that this strange experience also holds a huge potential

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Ryan Hurd studies A Guide to Hypnagogic Visions and Visitors Sleep paralysis is the only print book that discusses sleep paralysis and its related dream

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Sweet dreams are made of this. keeping the magic

Nightmares, sleep paralysis. Not all dreams are pleasant. Nightmares, sleep paralysis. Why do we experience these things? Ryan Hurd

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