



Navigating the Out-of-Body Experience: Radical New Techniques

By Graham Nicholls

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A Better Approach to Astral Projection

Experience the insights and joys of astral projection with *Navigating the Out-of-Body Experience*?a personalized, accessible, science-based guide from a top authority in the field.

Drawing on more than twenty years of study and countless OBEs that he has brought about in himself and others, Graham Nicholls shares proven techniques for leaving the body. Gain greater insight into your psychological makeup and strengths with a unique approach to self discovery. Learn to use your greater awareness to build a customized approach to projecting into the astral plane. Integrating his deep knowledge of self-hypnosis, breath work, virtual reality, quantum science, nutrition, and healing, Nicholls teaches you how to move past limiting beliefs and deepen your level of self-understanding so you can achieve your astral goals.

Praise:

“A fascinating review of out-of-body experiences in a detailed, yet easy-to-read style. Nicholls’ valuable contribution [provides] excellent and practical direction to help explore this phenomenon.”?Dr. Jeffrey Long, *New York Times* bestselling author of *Evidence of the Afterlife*

“Navigating the Out of Body Experience stands out as one of the best. Graham Nicholls [demonstrates] a rare and welcome understanding among authors within this genre.”?Thomas Campbell, NASA Physicist and author of *My Big TOE*

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Navigating the Out-of-Body Experience: Radical New Techniques By Graham Nicholls Bibliography

- Sales Rank: #529880 in Books
- Published on: 2012-04-08
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .90" w x 5.90" l, .75 pounds
- Binding: Paperback
- 264 pages

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Editorial Review

Review

"It's a great book! I got into it and couldn't stop, I couldn't put it down, it's one of those page turners, I really loved it!" - *Bob Olson, Afterlife TV*

"What I liked most about this book is the author's holistic approach to the subject. It's not a step-by-step "Here's what you've got to do" method to achieving an end. Rather, it views the human being as a system, and it talks about different factors that influence the system: diet, sleeping habits, meditation, subconscious programming, transforming beliefs, breath work, etc. His approach was fresh and insightful. All in all, a very good book." - Bob Peterson, author of *Out of Body Experiences: How to Have Them and What to Expect*.

"Thanks to the efforts of such pioneers as Graham Nicholls and his book Navigating the Out-of-Body Experience, others can follow in their footsteps into the extraordinary world that lies close by, but of which most human beings have no knowledge whatever." - Robert McLuhan, journalist and author of *Randi's Prize*.

"To add another dimension to your metaphysical library, I recommend this book." - William Buhlman, author of *Adventures Beyond the Body*.

"As far as books on Out-of-Body experiences go, Graham Nicholls' book is a breath of fresh air amongst all the new-age literature. On the whole, this book offers a clear and informed view of the topic of OBEs devoid of the unnecessary filler often encountered in similar books. This is the first book I have come across that is both an instruction manual and a general introductory text to the layman about the science underlying the phenomena." - Dr. Vladimir Dubaj, PhD, Founder of the Australian Parapsychological Research Association

About the Author

Graham Nicholls (London, England) has had hundreds of out-of-body experiences and is a world-recognized expert on the subject. An experienced speaker on many areas of spirituality, art, and psychical research, he has presented his ideas at prestigious institutions such as The Science Museum of London, The London College of Spirituality, and Cambridge University. He has also been featured on the BBC and in *The Times*, *The Independent*, and the *Telegraph*, as well as many magazines and websites.

Users Review

From reader reviews:

Sheilah Harvey:

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