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Out of Body Experiences A Handbook

Is it possible that a person's conscious awareness can leave the body, travel to another place, and even observe what's happening there? This book is about an extraordinary, even shocking possibility.

By [Janet Lee Mitchell](#)

Our Price: **\$5.99**

Our Item Code: **ObeHandbook**

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186 Pages, Mass-Market Paperback

Cover Size: 4 x 7 inches

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Date: 1981 ISBN: 0-345-34119-8

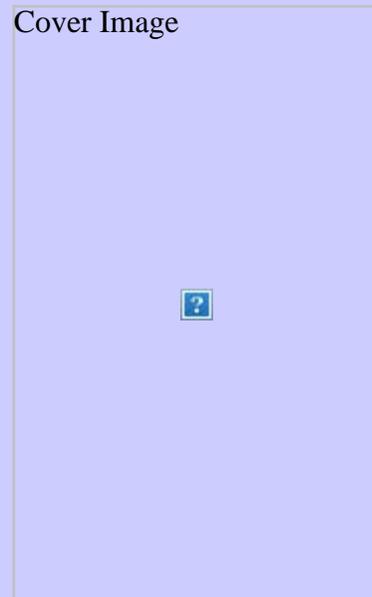
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Availability: This item is usually in stock and available for immediate Priority Mail shipment. Order it today (by 8pm Eastern/5pm Pacific), and you will probably have it in 2-3 days (in USA).

Features: Table of Contents, Index, Footnotes, Bibliography

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Our Review

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Credibility	Research Value	Cultural Interest	Visual Information	Style	Silliness	Wow Factor	Bargain
4	5	3	0	3	2	NR	5
High	Very High	Moderate	None	Functional	Low	Not Rated	Very High

[Explanation of Ratings](#)

A respectable introduction to the OBE field at a reasonable price. Focusses on laboratory research and historical background. Includes a long section of "Frequently Asked Questions." The book seems well grounded and doesn't make any unrealistic promises like "you can do it in 30 days or less."

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From the Book Cover

"An excellent introduction to this fascinating domain of human experience."

-- Kenneth Ring, author of Life After Death.

OBE's: Out of Body Experiences Science Fact or Science Fantasy?

What is the best, safest method to induce an OBE?

Is there a limit to how far away one should go from the body?

Is it possible to go out and not be able to get back in the body?

Do I need a teacher to learn how to have this experience?

Have astral bodies actually been photographed?

What are the main fears that hold one back from an OBE?

Based on laboratory investigations by a veteran parapsychologist, this unique book suggests that a person's conscious awareness can detach itself from the person's body and travel for an extended period of time.

Is it science fact or science fiction? Decide for yourself -- with this complete guide to OBEs including: * First person accounts * Comprehensive history of occurrences through the ages across all cultures * The 90 most commonly asked questions about OBEs

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