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## Product Description

# Leaving the Body

## A Complete Guide to Astral Projection

*"A step-by-step presentation of eight different systems of out-of-body travel"*

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By [D. Scott Rogo](#)

Price: **\$10.00**

Item Code: **LeavingTheBody**

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199 Pages, Trade Paperback

Size: 5.5 x 8 inches

Fireside/Simon & Schuster, 1983 (reprinted 1993)

ISBN: 0-671-76394-6

Added to Catalog: 4/29/98

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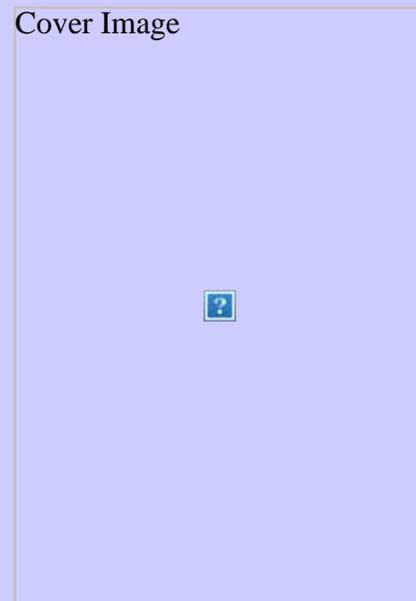
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## Our Review

Opinion of the webmaster, subject to debate

This book is mainly concerned with how to get "out of body." It offers eight different techniques, from dietary control to yoga. Appears to be well documented, with a list of bibliographic references for each chapter. -- Glenn



## Information from the Publisher

Always supportive

### From the Book Jacket...

Astral projection, the ability to "leave the body" at will, is a I phenomenon that has long fascinated both the scientific world and | the general public. If you have been curious about this strange | power and are now ready to take your curiosity one step further, | here is a complete guide to eight genuine methods that have been | proven to induce out-of-body experiences.

In plain, straightforward language, this realistic guide explains | the techniques and potential applications of astral projection I through the following methods:

- dynamic concentration
- progressive muscular relaxation
- dietary control
- breathing, yoga, and mantra
- the Monroe techniques
- visualization
- dream control
- guided imagery

In addition to describing each method in detail, how it was devised, and the rationale behind it, Leaving the Body answers such questions as: How do the techniques for out-of-body travel compare and contrast? Does one particular method work better than any other? To what extent can the ability to leave the body be perfected through practice? How can you best use this skill for your own self-enrichment?

Leaving the Body is a book that will certainly change your thinking, and it may even change your life.

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