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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**

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186 Pages, Mass-Market Paperback

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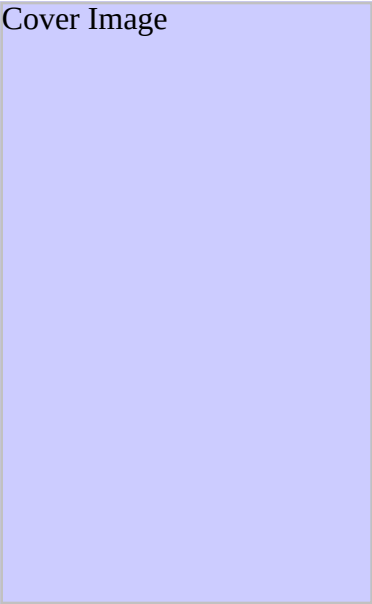
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Date: 1981 ISBN: 0-345-34119-8

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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

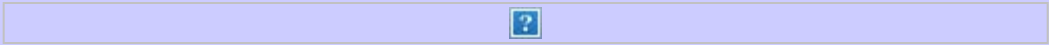
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