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Book Catalog

Out-of-Body Adventures

30 Days to the Most Exciting Experience of your Life

By Rick Stack

Our Price: **\$12.95**

Our Item Code: **ObeAdventures**

Postage Code: **book1**

158 Pages, Trade Paperback

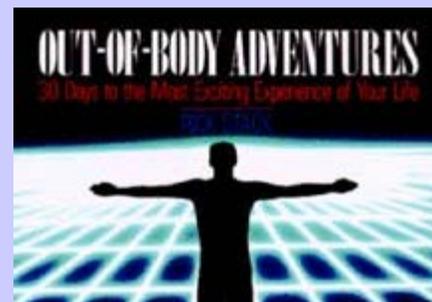
Cover Size: 8 x 5 inches

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Related listings: [Out-of-Body Experiences](#)

Date: 1988 ISBN: 0-8092-4560-4

Added to Catalog: 6/21/98
WIRT: 21304422



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: Footnotes, Bibliography

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Our Review Opinion of the webmaster, subject to debate

Credibility	Research Value	Cultural Interest	Visual Information	Style	Silliness	Wow Factor	Bargain
2	1	3	0	4	4	2	2
Low	Very Low	Moderate	None	Stylish	High	Routine	Low

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Credibility = Low: In general, this category is a rating of the author's intellectual discipline and the strength of his argument (which are low), not the veracity of his claims (which could be true in spite of the weak argument).

Style = Stylish: The appealing cover design might make you pick up this book first.

Bargain = Low: In general, items with a low bargain rating are not considered worth the retail price as judged by the useful research data they contain. However, they may have cultural or entertainment value, which is not included in the bargain rating.

This book makes big promises -- that you will be flying around your neighborhood in 30 days -- but doesn't come close to delivering. Most of its advice seems trite and self-evident -- the sort thing anyone could write if they had a book contract. If you have never had an OBE, this thin, overpriced book probably won't get you one.

Comparison to Other Books

Any other [OBE book](#) is probably more substantial than this one.

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Information from the Publisher Always supportive

Publisher's Synopsis

This book is designed to take the study and practice of out-of-body experience out of the realm of laboratories and esoteric mysticism and into the living rooms and bedrooms of the world -- where they belong. It provided a simple, effective approach for learning how to leave the body consciously that anyone can use. It also provides instructions on how to get the most out of your trip.

From the Book Cover

"Many profound adventures await you! With this book, you can move in and out of your body again and again. A fine book by a fine teacher."

-- Robert F. Butts

As amazing as it sounds, you can learn to leave your body!

This simple, foolproof program will show you how to walk through walls, fly around your neighborhood, travel through time, and experience the wonder of being in other dimentions. With Out-of-Body Adventures, just about anybody can have an out-of-body experience within 30 days.

Rick Stack, a teacher of metaphysics who has helped hundred of students achieve their first out-of-body experiences, begins with a fresh look at the metaphysics involved and walks you through the attitude adjustment and dream work that promote successful astral travel. He the presents proven, step-by-step techniques for "getting out" that even beginners have used with ease. Descriptions of the out-of-body phenomenon from both scientific and personal perspectives help you to overcome fear and to know what to expect from your voyage. Chapters on what to do once you're out -- including meeting friends, contacting reincarnational selves, having astral sex, and communicating with guides and teachers -- open the door to the fun and value of this ancient human art form.

With Out-of-Body Adventures, you can experience the exhilaration of watching yourself float right out of your body in your own bedroom, something few people can do at will -- until now. With these remarkable techniques, any traveler willing to take the journey can begin to explore the true nature of our complex universe.

Rick Stack, author and educator, teaches astral travel and metaphysics in the United States and abroad. He was friend and student of the late Jane Roberts, author of the Seth books.

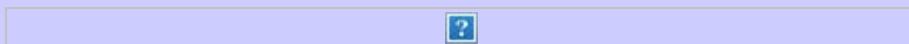
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