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Book Catalog

Leaving the Body

A Complete Guide to Astral Projection

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

By [D. Scott Rogo](#)Our Price: **\$10.00**Our Item Code: **LeavingTheBody**Postage Code: **book1**

199 Pages, Trade Paperback

Cover Size: 5.5 x 8 inches

[Fireside/Simon & Schuster](#)Related listings: [Out-of-Body Experiences](#)

Date: 1983 (reprinted 1993)

ISBN: 0-671-76394-6

Added to Catalog: 4/29/98

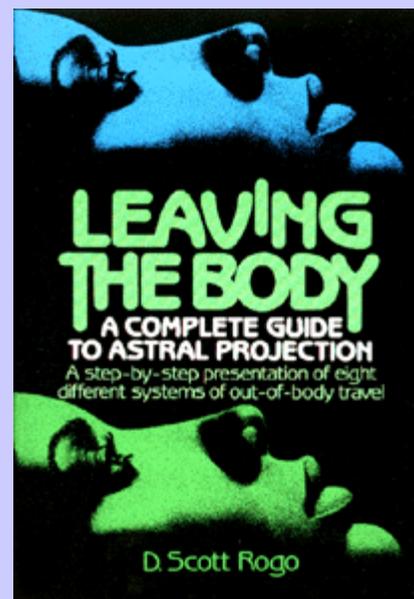
Availability: This item is usually in stock and available for immediate Priority Mail shipment. Order it today (by 8pm Eastern/5pm Pacific), and you will probably have it in 2-3 days (in USA).

Features: Table of Contents, Index, Footnotes, Bibliography

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Our Review

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. (We can't say whether these techniques actually work, however.)

Comparison to Other Books

Although Rogo was a prolific writer during his lifetime, this is the only Rogo book we know of currently in print.

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Information from the Publisher

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From the Book Cover

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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