



# Navigating the Out-of-Body Experience: Radical New Techniques

*Graham Nicholls*

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## **A Better Approach to Astral Projection**

Experience the insights and joys of astral projection with *Navigating the Out-of-Body Experience*—a personalized, accessible, science-based guide from a top authority in the field.

Drawing on more than twenty years of study and countless OBEs that he has brought about in himself and others, Graham Nicholls shares proven techniques for leaving the body. Gain greater insight into your psychological makeup and strengths with a unique approach to self discovery. Learn to use your greater awareness to build a customized approach to projecting into the astral plane. Integrating his deep knowledge of self-hypnosis, breath work, virtual reality, quantum science, nutrition, and healing, Nicholls teaches you how to move past limiting beliefs and deepen your level of self-understanding so you can achieve your astral goals.

### **Praise:**

“A fascinating review of out-of-body experiences in a detailed, yet easy-to-read style. Nicholls’ valuable contribution [provides] excellent and practical direction to help explore this phenomenon.”—Dr. Jeffrey Long, *New York Times* bestselling author of *Evidence of the Afterlife*

“*Navigating the Out of Body Experience* stands out as one of the best. Graham Nicholls [demonstrates] a rare and welcome understanding among authors within this genre.”—Thomas Campbell, NASA Physicist and author of *My Big TOE*

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