



## Get High Now: Without Drugs

By James Nestor

Chronicle Books. Paperback. Book Condition: new. BRAND NEW, Get High Now: Without Drugs, James Nestor, This book provides more than 200 ways to safely alter human perception through sensory stimulation - without drugs or alcohol. Culled from science, physiology, spiritual practices, and the audio visual arts, these 'all natural' highs playfully and safely explore the mind-body connection. Each entry introduces concepts such as lucid dreaming, optical and auditory illusions, controlled breathing, meditation, time compression, and physical and mental exercises, explaining why they work and how to do them - along with fun, first-hand commentary by the author.



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