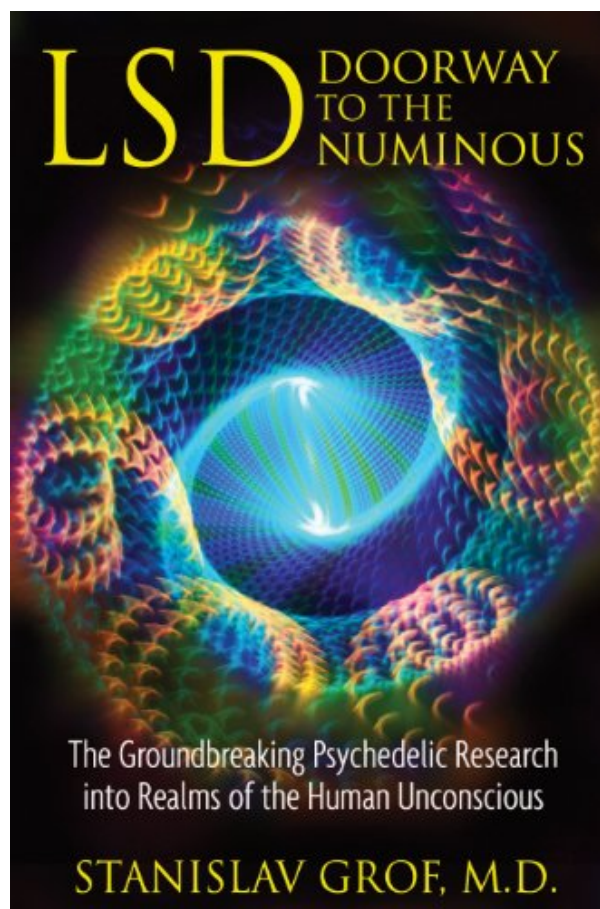
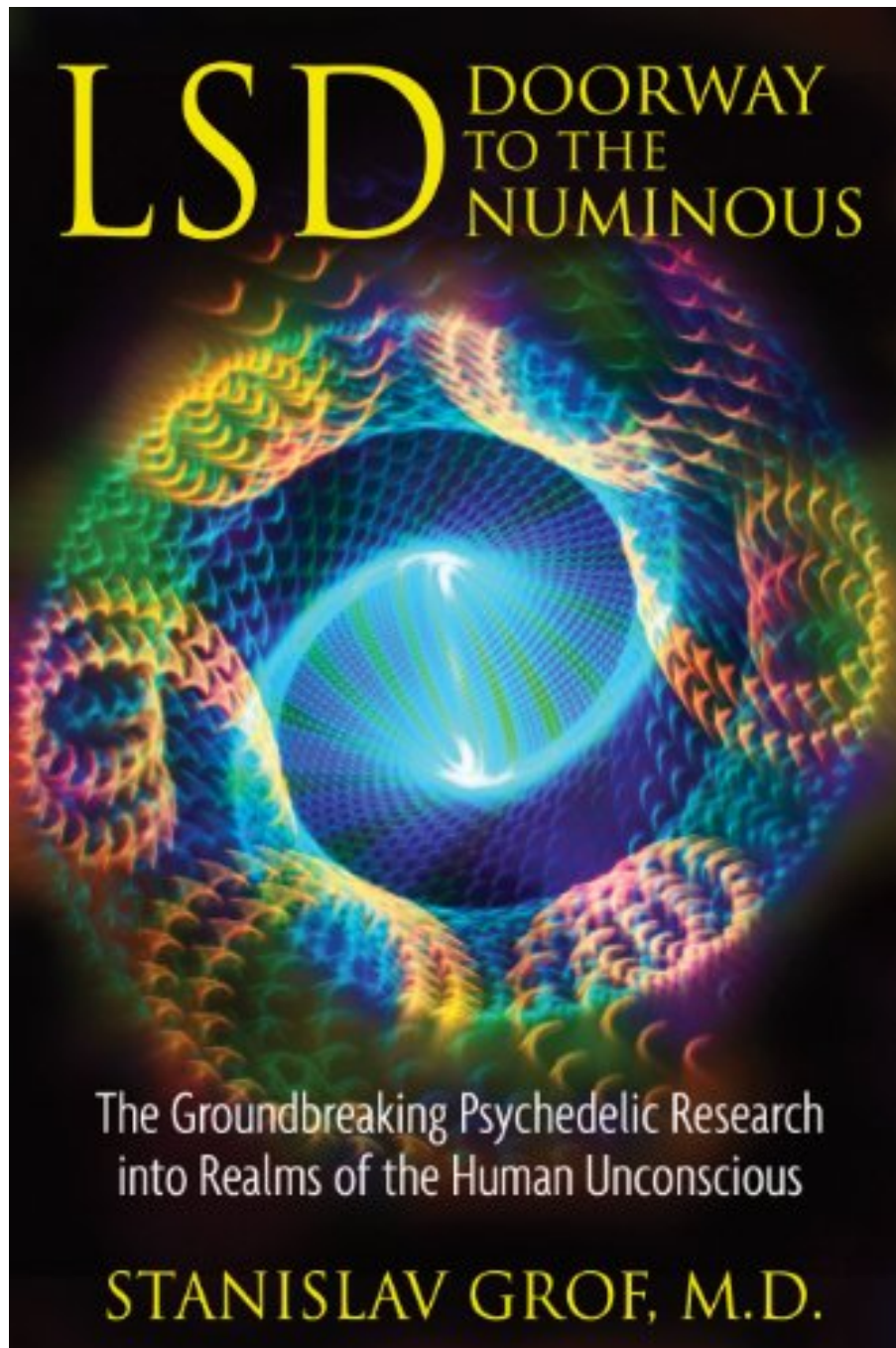


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Most helpful customer reviews

12 of 12 people found the following review helpful.

Wow

By Dario Gerussi

When I first got this book, I thought I was going to read a pretty cool book about LSD and learn a few things. BUT WOW this blew my mind. It was written so well, perfectly explaining how "LSD is to psychology as a microscope is to biology". Sure you'll learn a good amount of information about the drug itself, independent of the interaction that's produced with humans; but the content that will really open your eyes is how it reacts with the human mind-body complex. What makes it more fascinating is that there are no medicinal aspects of LSD - as in it's completely reactionary. What that means is that any similar effects experienced between X individuals is nothing more than a coincidence; whereas the effects of consumable alcohol are absolute - enough of a certain quantity in your blood and you will experience specific physiological effects such as thinner blood, loss of fear, impaired memory formation, impaired judgement, loss of coordination and balance, dehydration, death, etc. So for example, one of the most common effects experienced from consuming LSD is dilated pupils; however not everyone experiences this and some even experience constricted pupils. There is no medicinal mechanism of LSD that triggers specific reactions with the size of the pupil. It's as if this substance is nothing more than a psychedelic mirror of your mind.

If you want to learn more about LSD - read this book.

If you're a psychology major or just someone interested in psychology, the mind, and consciousness - most definitely read this book.

If you want a mind-blowing, eye-opening experience - read this book.

2 of 2 people found the following review helpful.

Innovative and a completely stunning approach to LSD and the discovery of the psyche's depths

By Pelgrim

This is an exceptional work. Dr Grof proves to be a pioneer in the human psyche. The book gives a new dimension to psychiatry and psychiatric care. We had Freud, Jung and now we have Grof adding a new dimension to the human psyche with his decades of LSD and holotropic breath research. This book is a must read for everybody who wants to learn about the correlation of prenatal experiences and psychiatric or psychological pathology and expanded consciousness by controlled use of psychedelics like LSD.

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--Alex Grey, artist and author of *Sacred Mirrors* and *Transfigurations*

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The research presented in this book provides a map of the psyche that is essential for understanding such phenomena as shamanism and near death experiences as well as other nonordinary states of consciousness. This map has led to the development of important new therapies in psychiatry and psychology for treating mental conditions often seen as disease and therefore suppressed by medication. It also provides a new threshold to understanding and entering the numinous realm of spirit.

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