
The Guide To Microdosing

Medicinal Mushrooms

Microdosing Marijuana for ADHD

Microdosing Psychedelics

A Really Good Day

Magic Mushroom Microdosing

How to Grow Magic Mushrooms at Home

THE 5th DIMENSION TRAVELERS GUIDE TO MICRODOSING PSILOCYBIN MUSHROOMS

THE GUIDE to MICRODOSING PSILOCYBIN MUSHROOM

New Guide on Microdosing Psilocybin Mushroom

Growing and Microdosing Psilocybin Mushrooms

Psilocybin Mushroom Professional Guide

Microdosing Magic

Microdosing with Amanita Muscaria

How to Microdose Psilocybin

How to Change Your Mind

Microdosing Psilocybin Mushroom

Psilocybin Mushrooms

Your Symphony of Selves

The Beginner's Guide to Mushroom Microdosing

Microdosing Guide and Journal

Easy Guide On Microdosing Psilocybin Mushroom

Weed Mom

The Psychedelic Handbook

The Psilocybin Mushroom Bible

The Microdosing Guidebook

Magic Mushrooms

The Psychedelic Handbook

The Psychedelic Explorer's Guide

Amanita Muscaria Microdosing

Microdosing Cannabis for Depression and Anxiety

Microdosing Psilocybin Mushrooms: An Essential Guide to Microdosing Magic

Mushrooms & Microdosing Journal

The Perfect Balance: The Ultimate Beginners Guide to Microdosing with LSD for Mental Health

Microdosing LSD

Microdosing Psilocybin Mushroom Starter's Kit

The Psychedelic Path

How to Start Microdosing

Microdosing Cannabis Guide

Microdosing Cannabis Guide

Your Psilocybin Mushroom Companion

*The Guide To
Microdosing*

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Medicinal Mushrooms THE GUIDE to MICRODOSING PSILOCYBIN

MUSHROOMMicrodosing is the act of consuming sub-perceptual - unnoticeable - amounts of a psychedelic substance. Many individuals who have integrated microdosing psilocybin mushrooms into their weekly routine report higher levels of creativity, more energy, increased focus, and improved relational skills. Some enthusiasts also report that microdosing psilocybin helps to heighten spiritual awareness and enhance their senses. Eminent psychedelic researchers have also found largely positive effects of psilocybin mushrooms on mood disorders and anxiety. In fact, The Beckley Foundation is spearheading the push for the legalization of psilocybin mushrooms, backed by long-term positive effects found in their research conducted on treatment-resistant depression patients. Recently, Oakland, California decriminalized all plant medicines

including psilocybin mushrooms, a move that followed Denver Colorado's successful referendum to decriminalize psilocybin mushrooms. Even addictions, such as smoking, can be overcome with psilocybin. **Buy and Give a 5star Review*New Guide on Microdosing Psilocybin Mushroom You ever heard of magic mushrooms? This book details the fascinating history of these miracle mushrooms. Through the ages they have been used for medicinal purposes to help people heal. A psilocybin mushroom, or more popularly known as magic mushroom, is a fungus that has psilocybin, a naturally occurring hallucinogenic compound, which has been used to treat conditions such as obsessive-compulsive disorders, cluster headaches, addictions, anxiety, and depression. Whether grown in the wild or cultivated by horticulturalists, psilocybin mushrooms have been a staple of spiritual practices and medicinal practices. Their rich, colorful story helped to shape society in some cultures. In this book,

Readers will learn how to produce their own magic mushrooms quickly, safely, and effectively. The book features various step-by-step photographic instruction guides to each step of the process, including: sterilizing the equipment to produce mushrooms; how to build the containers used during home mushroom cultivation; safety measures for preventing contamination of the mushroom cultures; and a guide to consuming magic mushrooms safely and enjoyably. This book's purpose - apart from teaching you how to grow healthy, succulent magic mushrooms - is to provide information that reduces the risk of harm among people who do decide to use them. So... Are you ready to take a magical trip? The Microdosing Guidebook
If you are wishing to learn and practice Cannabis Microdosing, then this book is for You With 61% of Americans supporting the legalization of cannabis, it's no secret that people are curious about marijuana. They want to know how it works, ways to incorporate it into their lifestyle and how to use it without having an experience that's

overwhelming and unpleasant. Microdosing cannabis has been a steadily rising trend in the last couple years, particularly among women who are now the biggest consumers of low-dose edibles. It's a market that continues to grow as more companies offer products with lower amounts of THC made for the mindful consumer. Microdosing is essentially taking a very small amount of a substance with the purpose of experiencing its therapeutic benefits without the high. When it comes to cannabis, tiny doses of THC can be used to help reduce pain, promote sleep, improve mood, increase creativity and treat depression, stress and anxiety. It's a good introduction to cannabis for people who may have no experience consuming it or those who want to try it again after decades of abstaining. The method can be used to manage symptoms as well as a way to slowly and comfortably increase your tolerance over time.

****Buy and give a 5star Review****

Microdosing Marijuana for ADHD Dillon H. Point Discover the transformational power of psilocybin mushroom with

this all-encompassing guide to harnessing magic mushrooms safely and effectively. Thanks to cutting-edge research, the medical and mental health communities are rediscovering the transformative power of psychedelics. And among the psychedelics showing the most promise for opening and healing the mind is the psilocybin mushroom. This friendly, fact-packed companion to magic mushrooms offers a full guide to having the most successful and beneficial experiences—whether you're a complete newcomer or have dabbled in psychedelics before. Author Michelle Janikian's straightforward, matter-of-fact approach pairs the most up-to-date research with personal advice and experiences to provide a whole perspective of the pros, cons, and many possibilities of experimenting with psychedelic mushrooms. Whether you're looking to try mushrooms for healing, personal or spiritual growth, out of curiosity, or for just plain fun, Your Psilocybin Mushroom Companion helps you prepare for every type of journey—from

microdosing to full trips and even "trip sitting." With this book, you'll find it's never been easier to use these sacred fungi safely and responsibly.

Microdosing Psychedelics

Independently Published
The Psychedelic Path: A Guide to Microdosing Psilocybin Mushrooms is a comprehensive and informative book that provides readers with a deep understanding of microdosing, particularly with psilocybin mushrooms. The book is divided into several chapters, each covering essential aspects of microdosing and its potential benefits.

A Really Good Day Simon and Schuster
 Psychedelics for spiritual, therapeutic, and problem-solving use • Presents practices for safe and successful psychedelic voyages, including the benefits of having a guide and how to be a guide • Reviews the value of psychedelics for healing and self-discovery as well as how LSD has facilitated scientific and technical problem-solving • Reveals how microdosing (ultr-low doses) improve cognitive functioning, emotional balance, and physical stamina • This year 600,000 people in the U.S.

alone will try LSD for the first time, joining the 23 million who have already experimented with this substance. Called "America's wisest and most respected authority on psychedelics and their use," James Fadiman has been involved with psychedelic research since the 1960s. In this guide to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes, Fadiman outlines best practices for safe, sacred entheogenic voyages learned through his more than 40 years of experience--from the benefits of having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-session intention. Fadiman reviews the newest as well as the neglected research into the psychotherapeutic value of visionary drug use for increased personal awareness and a host of serious medical conditions, including his recent study of the reasons for and results of psychedelic use among hundreds of students and professionals. He reveals

new uses for LSD and other psychedelics, including microdosing, extremely low doses, for improved cognitive functioning and emotional balance. Cautioning that psychedelics are not for everyone, he dispels the myths and misperceptions about psychedelics circulating in textbooks and clinics as well as on the internet. Exploring the life-changing experiences of Ram Dass, Timothy Leary, Aldous Huxley, and Huston Smith as well as Francis Crick and Steve Jobs, Fadiman shows how psychedelics, used wisely, can lead not only to healing but also to scientific breakthroughs and spiritual epiphanies.

Magic Mushroom Microdosing
Independently Published

Are you prone to anxiety when you take up? Do you like certain aspects of consuming cannabis, but negative effects keep you from using it therapeutically? Do you enjoy the psychoactive experience, but sometimes crave a more mellow and focused mindset? Have you tried pharmaceutical medications to mitigate health issues, but didn't like the side effects? If you answered "yes" to any of these questions,

microdosing may be right for you. Some parents of children with attention deficit hyperactivity disorder (ADHD) have grown wary of Ritalin and Adderall, common treatments for the condition, because of the stimulants' side effects and potential for long-term abuse. Now they're turning to doctors who will prescribe medical marijuana instead. "They've seen improved performance in school and happier and calmer kids at home," Elizabeth Spaar, a family-medicine physician in Verona, Pennsylvania, told Insider, referring to how her pediatric patients and her own children with ADHD have responded to medical marijuana.

How to Grow Magic Mushrooms at Home
Createspace Independent Publishing Platform

Do you want to win the fight against anxiety, depression, fatigue, stress, and other life-threatening illnesses? Have you wondered if you can do away with prescription drugs, painkillers, antidepressants, or anything that has to do with conventional medicine? You are about to discover information about magic mushrooms

with healing and therapeutic properties that makes them perfect for reducing the effect of anxiety, depression, stress, fatigue and related disorders. This book will answer all the questions you have about psilocybin "magic" mushrooms and help you get started using them safely. In this book, you will: Find all you need to know about psilocybin mushrooms, what they look like, how they are used, and their therapeutic potentials. Learn about the origins of psilocybin mushrooms and their history in medical use. Discover the legality and decriminalization of psilocybin mushrooms in different countries of the world, and how all these affect using, possession, sale, and cultivation in different areas. Learn about the science behind psilocybin mushrooms, and available research on therapeutic use of psilocybin mushrooms. Discover a detailed section that focuses on the physical effects, other-worldly effects and risks associated with psilocybin use. Find all you need to know about psilocybe cubensis, psilocybe azurescens, psilocybe semilanceata, and more. Discover how

psilocybin mushrooms are used to treat depressive symptoms, and used to boost creativity and learning. Find a dedicated chapter to learn how to cultivate psilocybe mushrooms, how to grow them from home, making your own DIY psilocybin mushroom grow kits, and learning to grow your own mushrooms from scratch. Learn how to take psilocybin mushrooms, risk mitigation strategies for using, planning your set and setting, and precautions during use. Learn all you need to know about microdosing, how to microdose, benefits of microdosing, how to keep track of your progress, calculating and scheduling your microdoses. And so much more! You can learn all there is to know about psilocybin mushrooms and how they can help improve your life from this comprehensive guide on psilocybin mushrooms. Due to the increasing adoption among countries where they were initially banned, the prohibition of psilocybin mushroom use may soon become a thing of the past. Learn to grow your magic mushrooms from the comfort of your home and also maximize the many benefits of using through

microdosing. Scroll up and click "Buy Now With 1-Click" or "Buy Now" to get started today!

THE 5th DIMENSION TRAVELERS GUIDE TO MICRODOSING

PSILOCYBIN MUSHROOMS

Simon and Schuster

How to grow and microdose psilocybin mushrooms even if you are a beginner

Microdosing has been getting a lot of hype lately as more and more people attest to the life-changing effects taking small doses of psychedelics such as magic mushrooms have had in their lives.

However, as a microdosing newbie, you might be feeling out of your depth with all this talk of microdosing and trippy mushrooms. For a long time, magic mushrooms were thought of as something hippies and shamans took to induce psychedelic spiritual experiences however this narrative is changing. With more people starting to embrace this practice it's becoming clear that efforts need to be made to prevent them from repeating the mistakes earlier supporters of the psychedelic movement made which led to the criminalization of psilocybin. Magic shrooms

are pretty powerful; knowing how to microdose them safely could be the beginning of a revolutionary chapter in your life. In *How to Grow and Micro Dose Psilocybin: Step by step guide, Micro-dosing Benefits & Side- Effects*, you will discover: A bit of magic mushroom history Some shrooming basics Why microdosing is making a comeback What you need to know about growing these shrooms Microdosing secrets The trick to having a good trip Whether there's any risk involved in using psilocybin shrooms Learning how microdose magic mushrooms are pretty straightforward, however, it requires a great deal of preparation to get you in the right frame of mind to get the best experiences. By learning how to properly microdose you not only ensure your safety but also create a space where you can safely explore the inner workings of your mind and draw out your potential. Microdosing doesn't have to be this big spiritual journey of self-discovery. It can help you get through things that are keeping you from enjoying everyday life. With these basics, you can learn how to grow and

microdose magic shrooms. If you want to know more about how to grow and microdose psilocybin, then scroll up and Add to cart.
[THE GUIDE to MICRODOSING PSILOCYBIN MUSHROOM](#)
 Inspirational Creator
 Looking to explore the potential benefits of mushroom microdosing? Look no further than *The Beginner's Guide to Mushroom Microdosing*. This comprehensive guide provides a detailed introduction to the world of mushroom microdosing, including its definition and history, the benefits and potential risks, and practical tips for getting started. With research-backed information and personal stories from microdosers, you'll gain a deeper understanding of how this practice can improve creativity, productivity, and emotional stability. The guide also covers important safety precautions and tips for finding a reliable source of mushrooms, as well as suggested microdosing schedules and regimens. You'll even learn how to combine microdosing with meditation, therapy, and other self-care practices for optimal results. With a focus on practical tips and

easy-to-understand language, *The Beginner's Guide to Mushroom Microdosing* is the perfect resource for anyone looking to explore this emerging field of study.

New Guide on Microdosing Psilocybin Mushroom

Independently Published

Change Your Life with the Power of Magic Mushrooms

A psychedelic trip is not something to take lightly. You have to prepare for it and be open to wherever the experience takes you. Yes, psychedelic trips can change your entire outlook on life. But how do you tap into such a powerful experience? And, is it even legal? This book gives you the complete guide to sourcing, measuring and using magic mushrooms. Magic mushrooms are a safe and trusted way to

consume psilocybin, the ingredient that induces psychedelic trips. Artist Harry Styles claims they changed the direction of his music. The best part is that a smaller dose of magic mushrooms can help you become more productive and focused. It is not always necessary to go on a full psilocybin trip. Psilocybin mushrooms are on the path to becoming legal in coming years. Your doctor may even recommend them for depression or anxiety. Read this book and learn all you need to know about magic mushrooms, including: The pros and cons of using shrooms How to safely trip and microdose How to grow your own supply You will also learn the best practices when using magic mushrooms, the legality of magic mushrooms, how to get the most out of psilocybin and so much more.

**THE FUTURE IS
PSILOCYBIN AND
MAGIC MUSHROOMS
ARE THE SOURCE.**

*Growing and Microdosing
Psilocybin Mushrooms*
Independently Published
Embark on a
transformative journey
with "How to Start

Microdosing" your comprehensive guide and journal designed to unlock the power of microdosing. Dive into the rich history, explore the science behind the magic, and follow practical protocols to harness the potential of psychedelics. Whether you're a curious beginner or seeking to enhance your existing practice, this book is your essential companion. Discover the Origins: Uncover the intriguing historical roots of psychedelics, tracing its evolution through time. Explore the connections between ancient rituals, indigenous cultures, and modern practices, providing a profound context for your own microdosing journey. Unravel the Science: Delve into the cutting-edge scientific research that supports the transformative potential of microdosing. Gain insights into the neurochemical processes, cognitive enhancements, and therapeutic possibilities that emerge when harnessing the magic of psychedelics in micro doses. Step-by-Step Guidance: Navigate the world of microdosing confidently with our expertly crafted protocols and guidance. From selecting the right

substances to establishing dosage regimens, this book provides a clear roadmap to help you embark on your microdosing adventure safely and effectively. Journal Your Progress: Embrace self-reflection with the included journal tailored to the renowned Fadiman protocol. Track your experiences, insights, and personal growth as you embark on your microdosing journey. This valuable tool will help you fine-tune your approach and unlock the full potential of microdosing. Personalized Tips and Strategies: Enhance your microdosing practice with expert advice and strategies tailored to your goals. Discover how microdosing can improve creativity, focus, mood, and overall well-being. Integrate microdosing into your daily life and foster a holistic approach to personal growth. Join the Microdosing Movement: Become part of a global community seeking transformative change through microdosing. Engage in conversations, learn from others, and share your own experiences in a supportive community that values the power of

microdosing. Unlock your potential with "How to Start Microdosing". Whether you're seeking personal growth, cognitive enhancement, or a fresh perspective on life, this book provides the knowledge, tools, and guidance to embark on a journey of self-discovery and transformation. Embrace the power of microdosing today and unlock the possibilities that await you.

Psilocybin Mushroom Professional Guide
Charles Jesuseyitan
Adebola

Micro dosing is the act of consuming sub-perceptual (unnoticeable) amounts of a psychedelic substance. Many individuals who have integrated micro dosing psilocybin mushrooms into their weekly routine report higher levels of creativity, more energy, increased focus, and improved relational skills, as well as reduced anxiety, stress, and even depression. Some enthusiasts also report that micro dosing psilocybin has helped them heighten their spiritual awareness and enhance their senses. In this short, easy to read book. We discuss the effect, benefits and risks associated with micro dosing psilocybin.

Psilocybin is a potentially illegal substance, and we do not encourage or condone the use of this substance where it is against the law. This book is designed to ensure the safety of those who decide to use the substance legally.

Microdosing Magic Simon and Schuster

Learn everything you need to know about psychedelics with this ultimate guide packed with information on popular psychoactive drugs like psilocybin, ketamine, MDMA, DMT and LSD--plus practical tips for microdosing and how to safely "trip"--from bestselling author Dr. Rick Strassman. Entering the world of psychedelics can be daunting, and many aren't sure where to start. Research continues to expand and legalization looms on the horizon for psychedelics like psilocybin. The *Psychedelic Handbook* is a complete manual that explains the basics of psychedelics in a way that is accessible for the novice user--or even just the psychedelic-curious. Inside you'll find:
Information on the science and history of psychedelics
Basic information on popular psychedelics like

psilocybin, LSD, and peyote
The difference between psychedelics and other "psychedelic-like" such as MDMA and ketamine
The healing potential of psychedelic medicine for depression, PTSD, and anxiety
And much more!
Clinical research psychiatrist and bestselling author of *DMT: The Spirit Molecule*, Dr. Rick Strassman offers his expert advice for safely and effectively reaping the benefits of psychedelic medicine.

Microdosing with Amanita Muscaria

Penguin

"Learn, grow, and prepare. Trip and transform! Discover the transformative power of the psilocybin mushroom with this comprehensive guide to safely and efficiently using magic mushrooms. With so much disinformation about magic mushrooms floating around, it may be difficult to discern reality from fantasy. This is where *Your EASY GUIDE TO MICRODOSING PSILOCYBIN MUSHROOM* might come in handy. This book is a thorough yet approachable reference to all you need to know about Magic Healing mushrooms. Learn how to organize safe, productive travels with simple step-

by-step instructions. Learn how to train a guide to look after folks on psychedelic journeys and how to harness the transforming potential of these experiences. Learn how microdosing can help you enhance your mood, cognitive function, creativity, physical stamina, and more"-- Amazon.

How to Microdose

Psilocybin Createspace Independent Publishing Platform

Microdosing is the act of consuming sub-perceptual - unnoticeable - amounts of a psychedelic substance. Many individuals who have integrated microdosing psilocybin mushrooms into their weekly routine report higher levels of creativity, more energy, increased focus, and improved relational skills. Some enthusiasts also report that microdosing psilocybin helps to heighten spiritual awareness and enhance their senses. Eminent psychedelic researchers have also found largely positive effects of psilocybin mushrooms on mood disorders and anxiety. In fact, The Beckley Foundation is spearheading the push for the legalization of psilocybin mushrooms,

backed by long-term positive effects found in their research conducted on treatment-resistant depression patients. Recently, Oakland, California decriminalized all plant medicines including psilocybin mushrooms, a move that followed Denver Colorado's successful referendum to decriminalize psilocybin mushrooms. Even addictions, such as smoking, can be overcome with psilocybin. ****Buy and Give a 5star Review*** *How to Change Your Mind* Simon and Schuster You ever heard of magic mushrooms? This book details the fascinating history of these miracle mushrooms. Through the ages they have been used for medicinal purposes to help people heal. A psilocybin mushroom, or more popularly known as magic mushroom, is a fungus that has psilocybin, a naturally occurring hallucinogenic compound, which has been used to treat conditions such as obsessive-compulsive disorders, cluster headaches, addictions, anxiety, and depression. Whether grown in the wild or cultivated by

horticulturalists, psilocybin mushrooms have been a staple of spiritual practices and medicinal practices. Their rich, colorful story helped to shape society in some cultures. In this book, Readers will learn how to produce their own magic mushrooms quickly, safely, and effectively. The book features various step-by-step photographic instruction guides to each step of the process, including: sterilizing the equipment to produce mushrooms; how to build the containers used during home mushroom cultivation; safety measures for preventing contamination of the mushroom cultures; and a guide to consuming magic mushrooms safely and enjoyably. This book's purpose - apart from teaching you how to grow healthy, succulent magic mushrooms - is to provide information that reduces the risk of harm among people who do decide to use them. So... Are you ready to take a magical trip?

Microdosing Psilocybin Mushroom Simon and Schuster

"Psilocybin Mushrooms" is for anyone who wants to understand the basics of magic mushrooms, their safe use and ways to

cultivate them quickly, safely, and effectively at home. This book will guide you through different methods of cultivating psilocybin mushrooms and provide you with detailed step-by-step instructions on how to create your first flush at home" In detail, this book allows you to... - Get a comprehensive overview of magic mushrooms and feel comfortable to start your own mushroom experience - Learn everything about the biology of the psilocybin mushroom - Understand the essentials for your psychedelic journey and be prepared to get the most out of your trip - Gain insights about the pharmacology and effects of the psilocybin mushroom - Learn everything about the set, setting and the optimal dosage for an enjoyable and safe trip - Discover how psilocybin can help you through a journey of personal growth - Learn about the benefits of micro-dosing - Discover the basics for magic mushroom cultivation and gain the confidence to embark upon your own project And much much more...so what are you waiting for!?! Take the first step on your psychedelic journey right

now!

Psilocybin Mushrooms

Simon and Schuster
This revolutionary tutorial-workbook combination holds a wealth of amazing features. Throughout the guide chapters, you'll learn the benefits of microdosing (and the science behind their ability to beat depression and anxiety,) how to safely source your medicine, how to create your own protocol, as well as microdosing testimonials from others in the community. The journal provides an innovative way to track your dosage, experiences, emotions, daily activities, and personal growth over time.**INCLUDES:**
Microdosing journey roadmap
Intention setting + vision boarding
Daily check-in journal
Dosage tracking pages
Space for integration, insights, and creativity
Interviews with microdosing community
Your Symphony of Selves
Knopf
MICRODOSING
PSILOCYBIN Micro dosing is a relatively new concept that's quickly becoming popular among those looking to explore the potential benefits of psychedelics. For those unfamiliar with this term, micro-dosing typically refers to taking minimal

doses of psychedelics usually between 10 and 20 micrograms to experience their effects without getting overwhelmed. There are several reasons why people are interested in micro-dosing psychedelics. For some, it can provide a new way to explore and understand their psychological processes. For others, it can be a way to reduce anxiety or depression symptoms. And last but not least, micro-dosing can be a fun way to experience the world without feeling overwhelmed or stressed. If you're curious about micro-dosing and want to learn more about the benefits and risks associated with this practice, check out some of the resources below. Start small and gradually increase your dosage as you get more comfortable. Micro dosing is a growing trend amongst people looking to improve their lives. It involves taking small doses of certain substances to achieve desired effects without the adverse side effects of larger quantities. Psilocybin (a type of mushroom) is a popular micro-dosing substance. There is no single answer

as to what micro-dosing psilocybin does for the body, but many people believe it has numerous benefits. Some think that it can improve creativity, focus, and productivity. Others believe it can help treat depression, anxiety, and other mental health issues. Whatever the case, it is essential to consider the risks and benefits of micro dosing before making a decision. If you are considering micro dosing psilocybin, it is necessary to research and talk to a doctor if you have any questions or concerns.

The Beginner's Guide to Mushroom Microdosing

Simon and Schuster

In the midst of a potency-obsessed market where high THC marks mean everything, there is a growing community of cannabis advocates that are pushing for less consumption as opposed to more. This tactic is called "microdosing," a growing trend as cannabis consumption becomes more mainstream.

Cannabidiol (CBD) is one

of the most active and therapeutic cannabinoids found in cannabis and industrial hemp. It's tough to know where to begin and how to measure the effectiveness of CBD on your body if you haven't tried it, so a great way for new users to begin a healthy CBD regiment is by microdosing.

Simon and Schuster

With so much misinformation surrounding magic mushrooms out there, it can be hard to separate fact from fiction. Microdosing is the act of consuming sub-perceptual - unnoticeable - amounts of a psychedelic substance.

Many individuals who have integrated microdosing psilocybin mushrooms into their weekly routine report higher levels of creativity, more energy, increased focus, and improved relational skills. Some enthusiasts also report that microdosing psilocybin helps to heighten spiritual

awareness and enhance their senses. Eminent psychedelic researchers have also found largely positive effects of psilocybin mushrooms on mood disorders and anxiety. Here is just a brief look at what you will find inside: Life-changing benefits of magic mushrooms in self-development The most common psilocybin species and how to recognize them The best amount for maximum benefits and safe use Detailed checklist for essentials mushroom-growing tools The seven-step cultivation process explained in detail for complete beginners Proven ways to avoid contamination during the cultivation process Main aspects to consider when embarking on your psychedelic journey Ways how magic mushrooms enhance your sensitivity and empathy Six mind-bending facts about magic mushrooms that no one ever told you And much more

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