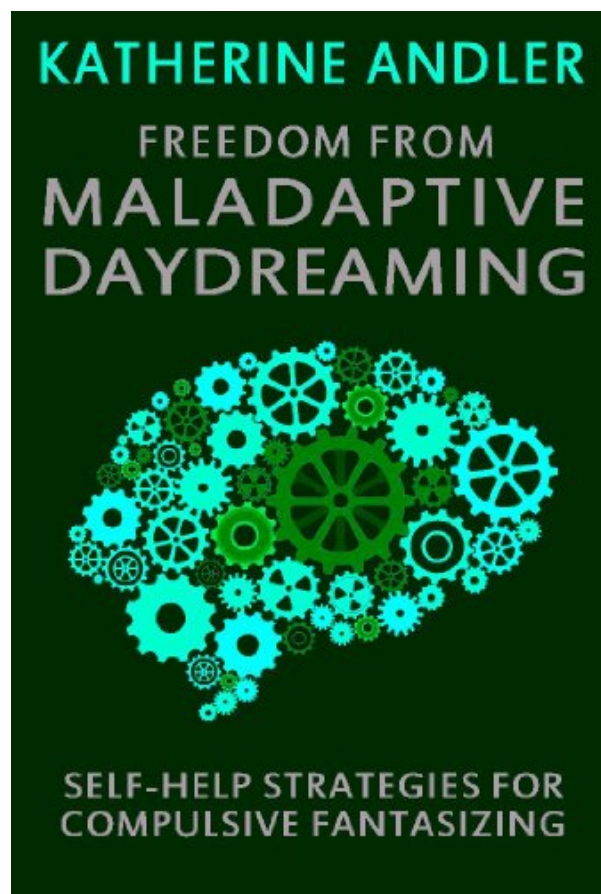


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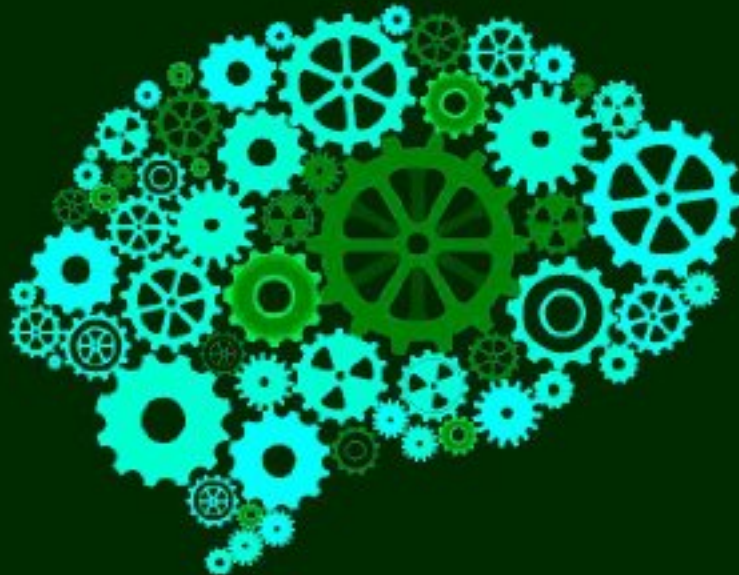


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Maladaptive Daydreaming is an unrecognized condition which causes sufferers to daydream more than the average person. Daydreamers experience a compulsion to escape reality. Their elaborate fantasy world experiences act as a substitute for real life experiences, which causes them difficulty in completing tasks, and meeting their own basic needs.

This book explores the symptoms and possible causes (based on our currently limited knowledge), and proposes a number of ways to overcome the condition.

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