

A cross between The Power of Now and The Happiness Project, The Bliss Experiment reveals how to tap into the innate state of inner joy that resides in all of us: the state of bliss. HAPPINESS IS GOOD. BLISS IS BETTER. You only need a moment of bliss to benefit the rest of your life. We have a higher standard of living and more ways to instantaneously fulfill every desire than ever before. Then why are we unhappy? Because happiness is fleeting. Bliss is transformative. In The Bliss Experiment, leading spiritual teacher and New Thought minister Sean Meshorer, who suffers from chronic pain, shares the exercises and ideas that help him and countless others live life to the fullest. This is the one essential book that distills and unifies seemingly competing practices, philosophies, religions, and psychologies. You'll read dozens of stories of real people learning from everyday situations, backed by more than five hundred scientific studies. Bliss helps ease stress, anxiety, and depression. It makes people more successful, better able to see and seize opportunities, and build or improve relationships. Give The Bliss Experiment twenty-eight days of dedicated attention, and you will see results too.

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