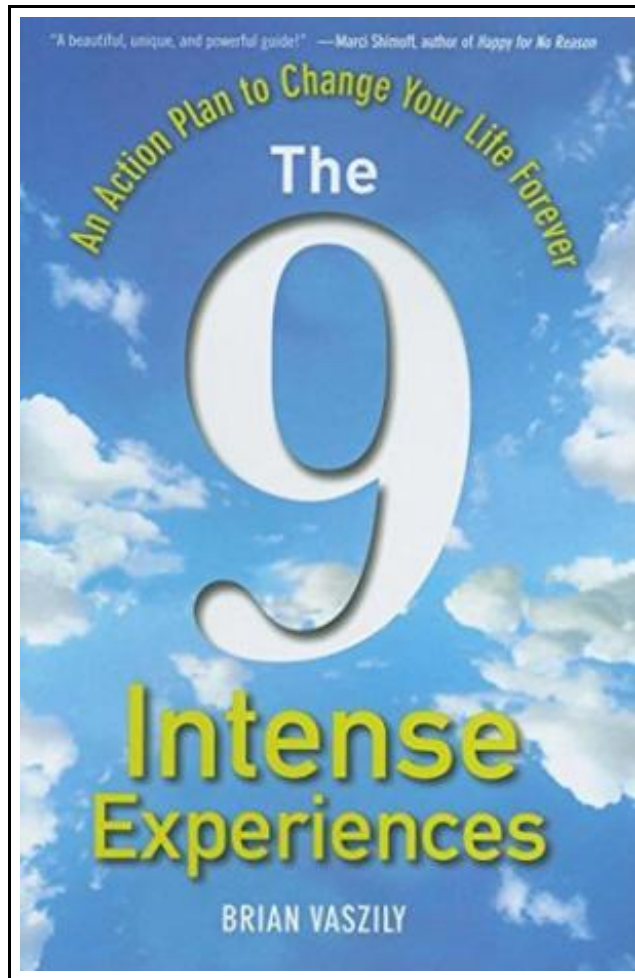


## The 9 Intense Experiences: An Action Plan to Change Your Life Forever



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Turner Publishing Company. Hardback. Book Condition: new. BRAND NEW, The 9 Intense Experiences: An Action Plan to Change Your Life Forever, Brian Vaszily, What are the 9 most intense experiences-the transformative steps that can improve your life starting now? How do these 9 intense experiences generate happiness, health, and success in every aspect of your life? Why have people throughout the centuries valued them and why do so few people know about them now? With this book, you can become the person you've always known you can be and achieve the life you've always envisioned for yourself. In The 9 Intense Experiences, internationally acclaimed author, life coach, and speaker Brian Vaszily shows you how to take captivating, energizing, and revealing journeys within yourself. These inner excursions engage your body, mind, heart, and spirit, knock down the barriers that have built up inside you, and put you back in touch with the real you. The 9 intense experiences are core to the teachings of the world's great spiritual and healing traditions. Prominent artists and leaders throughout history have understood their unparalleled importance. And now a rapidly growing volume of research in psychology, neuroscience, medicine and other fields is verifying how essential they are. After decades of professional and personal exploration Brian Vaszily -- founder of one of the world's most popular and unique personal growth websites and a rising star among today's top positive growth visionaries - guides you in experiencing your 9 intense experiences. With Vaszily's gentle and encouraging help, you'll learn how to abandon your stress and rediscover the wonder and possibilities in life. Drawing from the arts, science and spirituality, he takes you on a fascinating journey to understand their key principles. Most importantly, he provides powerful and fun exercises that will rapidly enable you to realize the...



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