



# The Bliss Experiment: 28 Days to Personal Transformation

*Sean Meshorer*

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# The Bliss Experiment: 28 Days to Personal Transformation

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**The Bliss Experiment: 28 Days to Personal Transformation** Sean Meshorer  
**HAPPINESS IS GOOD. BLISS IS BETTER.**

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 isn't what we really want. Happiness alone is fleeting and not deeply transformative. Bliss is a spiritual state where happiness, profound meaning, and enduring truth converge. With bliss comes an unshakable joy, a practical wisdom, and a lasting solution to our personal and planetary sufferings.

Based on a successful seminar taught by Sean Meshorer, a leading spiritual teacher and New Thought minister, *The Bliss Experiment* contains dozens of stories of real people learning from everyday situations, backed by more than five hundred scientific studies. This is the one essential book that distills and unifies seemingly competing practices, philosophies, religions, and psychologies. Meshorer includes exercises that have worked time and again for people from all walks of life—including him. Meshorer suffers with severe chronic pain and is able to live his life to the fullest through the practices he shares here.

Bliss helps with stress, anxiety, and depression. It makes people more successful, better able to see and seize opportunities, and build or improve relationships. Give these ideas and practices twenty-eight days of dedicated attention and you will see results. You only need a moment of bliss to benefit the rest of your life.

*The text includes links to bonus videos of Sean Meshorer expanding on the book's themes and demonstrating the exercises.*

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