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**The Bliss  
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Transformation is a very  
positive, motivational book  
that helps the reader  
improve their happiness,

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life understanding and  
spiritual progress. This  
book touched me personally,  
as I have struggled with,  
not necessarily depression,  
but unhappiness over some  
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A cross between The Power of  
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need a moment of bliss to  
benefit the rest of your  
life.

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inspiring and proven guide  
to how we can begin to  
experience bliss right away.  
A completely new approach to

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spirituality, THE BLISS  
EXPERIMENT is based on Sean  
Meshorer's successful  
seminars, attended by  
thousands.

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Media From the Heart by Ruth

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Bliss has been described as complete happiness, or a state of spiritual joy, and this The Bliss Experiment explains why it's beneficial, necessary, and

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Personal Transformation  
easy to obtain within 28  
days. Bliss is a universal  
language which we all speak,  
it just has been lying  
dormant for too many years.

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(Paperback) 28 Days to  
Personal Transformation. By  
Sean Meshorer. Atria Books,  
9781451642124, 352pp.  
Publication Date: May 28,  
2013. Other Editions of This  
Title: Hardcover (5/8/2012)

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