



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

Brian Vaszily

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What are the 9 most intense experiences—the transformative steps that can improve your life starting now? How do these 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 today realize their power? With this book, you can become the person you were meant to be and experience the life you've always dreamed of.

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. Now the latest research in psychology, neuroscience, medicine, and other fields is verifying how essential they are. In *The 9 Intense Experiences*, internationally acclaimed life coach and speaker Brian Vaszily shows you how to take the ultimate journey within yourself that will 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.

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 – helps you achieve *your* 9 intense experiences. With Vaszily's gentle and inspiring guidance, you'll learn how to abandon your stress and frustration and rediscover the wonder and possibilities in life. In *The 9 Intense Experiences*, you will learn how to:

- Enjoy your life more than ever before
- Achieve peak energy and success
- Ignite your, and others', brilliance
- Laugh off negative emotions
- Create deeply trusting relationships
- Discover your spiritual center

The experiences you'll discover in this life-expanding guide are truly intense, but getting there is more enjoyable and deeply satisfying than you can imagine. Each intense experience is broken down into a series of easy exercises that will rapidly enable you to receive the transformative power of each experience.

If you'd rather ride the wave than be stuck in the same-old same-old, here is your chance. Read *The 9 Intense Experiences* and find out how great the real you really is. Expect to think and feel in very different ways and get ready to be transformed.

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