



# The Bliss Experiment: 28 Days to Personal Transformation

*Sean Meshorer*

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**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.**

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.*

## **The Bliss Experiment: 28 Days to Personal Transformation Details**

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Author : Sean Meshorer

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# **From Reader Review The Bliss Experiment: 28 Days to Personal Transformation for online ebook**

## **Jessie Burroughs says**

Powered through this one today, and it's got some good info.

I find most books of the self-help variety to be way longer and more wordy than they need to be, and this was no exception. On the other hand, for this book, it's easy to get to the good stuff because there's an 'experiment' section at the end of each chapter which I found intriguing. (I skipped over the rest to be clear). The exercises (experiments) were practical ones that anyone could do, and I'm certain they would increase anyone's wellbeing!

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## **Sherri Huntley says**

Just won this book from Goodreads - can't wait to read it!

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## **Jaime says**

Leading spiritual teacher and New Thought minister Sean Meshorer, gives readers an inside look at strategies and ideas that have assisted him to get the most out of life. Now, you can learn to do the same as he portrays exercises and hints on how to obtain bliss, and it can be done on under a month. Reminiscent to The Happiness Project, but with more depth and heapings of inspiration. 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 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. With this book in hand, Meshorer will teach us how to live the life we've been waiting for. Numerous stories about people just like us are backed up by a plethora of scientific studies which makes this "experiment" all the more believable.

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## **Kris Richards says**

I received a copy of this book in exchange for a fair review. I have to admit, I was initially skeptical as there are hundreds of self help books on the market and nearly all of them contain the same re-hashed information, but the author addresses this concern and does stress that you have to read this book when in the right mindset. He also states that you should only read a chapter a day. This is excellent advice – too many people rush through reading self-help books and wonder why they don't work, but you have to allow your body time to absorb the information.

28 days is a nice amount of time to allow your mind to readjust. I enjoyed the activities and techniques. I'm a 'doer' anyone and so I like to learn through physical action as well as reading.

I recommend this to people who are positive about change, and prepared to give something a go without cynicism.

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## **Sammy Smith says**

This was a solid book with reasonable and science-based techniques that follow a steady progression. The exercises herein are easy to follow and calming with a new twist and recent references to science and ideas. I do like that we're given facts to back up claims, and that the authors haven't re-hashed info from 20-30 years ago – but instead made this their own.

Following the exercises I definitely felt calmer, and more relaxed. I do suffer with anxiety and have been on and off medication for a year or so. There are six parts to this book that I have worked through and feel much better for doing so.

I would recommend this for those that love spiritual and scientific methods. This is a nice cross-over.

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## **Joalby Phoenix says**

I will say that when I began reading this book, I was a little put off as it seemed to me a rehash of everything I, as someone pursuing an altered state in life has already heard & learned & been taught & applied. I felt if this is it, then I must have reached bliss long ago.

But a few chapters in I proceeded to read it as an outsider to the practice & got a new insight to it all. I quite enjoyed the simplicity with which our desires and approaches towards bliss were presented. Not hidden behind scary practices which seem so far away and out of our reach, rather more of a this is what can help. Not in a this is THE way, but this is an example.

I have since passed the book along to a friend who was asking to borrow it for awhile

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## **Lcdk says**

Great book, it has a very powerful, emotional and uplifting message expressed from start to finish by some very well-written writing. The advice is all very informative and practical, it can definitely be applied to anyone's life and I'm sure many people can find some relief by trying some of the exercises outlined in the book. The Bliss Experiment is definitely the best self-help related book that I have ever come across, and I have read A LOT. There are some correlations between this book and some other popular ones but for the most part most of the techniques are refreshingly new and definitely have a much more solid foundation and substance to them.

In summary, it's very good - I really think that literally anyone could take something positive from this and apply it to their own life, no matter what background they come from

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## **Melinda says**

I found this book to be beautiful, positive and uplifting. Even if you're not struggling with depression, but

just with life in general, there is always room for not only bliss but personal transformation. The author engages with you and allows you to recognize those limitations that are holding back your happiness and spiritual growth. If you're here and reading this review, do yourself a favor and pick up The Bliss Experiment. It truly will change your life. Great book.

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### **Elise says**

I received this book from the First Reads program.

While I did appreciate the scientific reasoning, most of the book was nothing new. It was presented in a really nice format, but this format became redundant reading about each and every success story. Most of the "activities" were horrible. One makes you listen to a song over and over and over for 2 hours in order to prove that repetitive pleasure won't make you happy. (I didn't actually do this one.)

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### **Jay Douglass says**

To some people 'happiness' and 'bliss' might be synonymous. But they are not. Happiness is a somewhat vague term that means different things to different people.

My interpretation of Bliss after reading Meshorer's insightful book is that the word isn't as subjective as happiness. And yes it is better.

As he states bliss is superior to happiness because it is a spiritual state.

Generally self help books are not my forte but The Bliss Experiment: 28 Days to Personal Transformation is different. Maybe this is because I meditate regularly and practice yoga.

Even if you're not into those things, the book has a treasure trove of information on how to achieve this supreme state. There are a list of practical coping skills that anyone can learn to deal with stress, anxiety and depression. But you have to practice them.

Furthermore even if you're (or not) religious (I am not) this book is not preachy and is very secular in its principles.

The author's writing style is fluid and he articulates well.

I found the book very inspirational.

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### **Ginny McMath says**

I picked up this book because I'd recently been at a loss to find any true peace or happiness. The word bliss caught my eye and I'm glad it did. I realized quickly that I was setting goals that were not leading to happiness in fact they seemed to be depressing me more. I realized too, shortly after a few chapters that I was viewing things differently. Perhaps I was really ready for the information. I don't know. But I do know it has helped me tremendously. I think the biggest moment for me was releasing the past and after examining that, finding that selflessness and caring for others as well as myself inside myself. It is truly a healing book and I highly recommend getting it and believe me, watching the transformation in spirit and happiness that happens to you beginning from within is exactly as the title says, you do achieve "bliss":)

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## **Jenell Diegor says**

The Bliss Experiment: 28 Days to Personal Transformation is a very positive, motivational book that helps the reader improve their happiness, life understanding and spiritual progress. This book touched me personally, as I have struggled with, not necessarily depression, but unhappiness over some period of time. I had felt lost, and finding myself just going thru with the motions of "living." The book helps with finding bliss, finding the meaning of life, and finding the truth. It is a must read for everyone, no matter what your walks are in life! It will bring you clarity and peace, and because the author narrates from experience, it is very easy for us to relate to. Highly recommended.

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## **Kathleen says**

‘Self-help’ books normally aren’t up my alley. I was ‘blissfully’ surprised to find that this book breaks the stigma of the normal enlightening read. Although it has only been a few days since I have completed the book, I am eager to continue the 28 day journey within my Bliss Blog. This book is the ultimate personal experience with stories from Sean himself. Anyone can tell you their opinion on how to be happy – Sean’s use of his own experience throughout life helps the individual connect and relate. Not to mention, the additional material that Sean offers on his website such as companion videos for most of the chapters. The material is positive yet realistic unlike most self-help books. It will ground you and guide you to the path of true happiness.

This book could not have entered my life at a more appropriate time. It’s a book I am going to keep on my desk for when life gets a little rough. I would spend hours engulfed in this book and I, overall, am starting to feel better than I ever have. It’s hard to imagine, but, things will get better. I hope to one day publish my Bliss Blog to share with the world.

I would highly recommend this book for everyone, even skeptics. This man is a genius.

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## **Charly says**

\*NOTE: I received a free review copy of this book.\*

Didn’t work for me

I feel as though I should start with a disclaimer: I do not read self-help books often. I’ve read fewer than ten in my entire life, so I am probably not the intended audience here. That said, I did choose to read it--I was feeling down one day, and the claims on the back cover intrigued me (“Bliss helps with stress, anxiety, and depression. It makes people more successful...” Etc.).

By the time I read the book, however, several weeks had gone by and my down mood had passed, so I approached the writing with my usual skepticism. I had flashes of hope early on, like at the point when the author admits that to some people, his book will come across as “a bunch of abstract new-age ideas randomly

thrown together.” I’m certainly not going to pass up the chance of everlasting happiness if someone’s been clever enough to bottle up the formula in book form--especially not if the achievement of such happiness is supposedly reachable within a mere 28 days.

Alas, I cannot say that it worked. I wouldn’t call this a BAD book. It does have some technical issues--only some chapters have smart links, for instance, and when I tried two of them, neither one worked--but Meshorer is a decent writer. His sentences flow smoothly and are easy to read, and there are some good ideas for relaxation exercises buried among the (sometimes pointless) anecdotes and mentions of abstract concepts such as our “hidden bliss diamond[s]” and the “purifying [of] our mental river.”

I did my best to take the book seriously: I read one chapter per day, as the author suggests, and I actually took the time to complete all of the exercises at the end of each chapter. In the end, I suppose my complaints can be whittled down to two: 1) much of Meshorer’s language is vague and abstract (he speaks of “the reservoir of supersatisfaction that is already extant inside us,” “our own highest and deepest nature,” etc.), and 2) over the course of 28 days, my ability to approach the book with the same attitude of openness and acceptance fluctuated from day to day. When I was in the right frame of mind, I could overlook the theoretical slant of the language and my feelings of boredom when the author’s real-life stories concerned people to whom I felt I had no connection. Some days, though, I just found my eyes rolling. A lot.

“Bliss,” the book says, “is where happiness, meaning, and truth converge.” That’s a nice concept, and I’m sure that some readers would have more success in reaching that goal than I did after reading this book. Sadly, for this realist, the book landed somewhere far short of earth-shattering.

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## **Lore says**

Received this book for free through FIRST READS.

This is a very useful book that, if you stick with the twenty-eight day layout, can make a great difference in your life. Even when I was barely through the book, the things I read were on my mind and affecting my decisions and experiences. The videos kept my interest as well, and went along well with the book.

The only thing about this book is – you have to be willing to stick with it. I was reluctant at first, but I’m glad I got over it. It was very well written, and I’m sure that anyone can take at least a little something away from this.

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