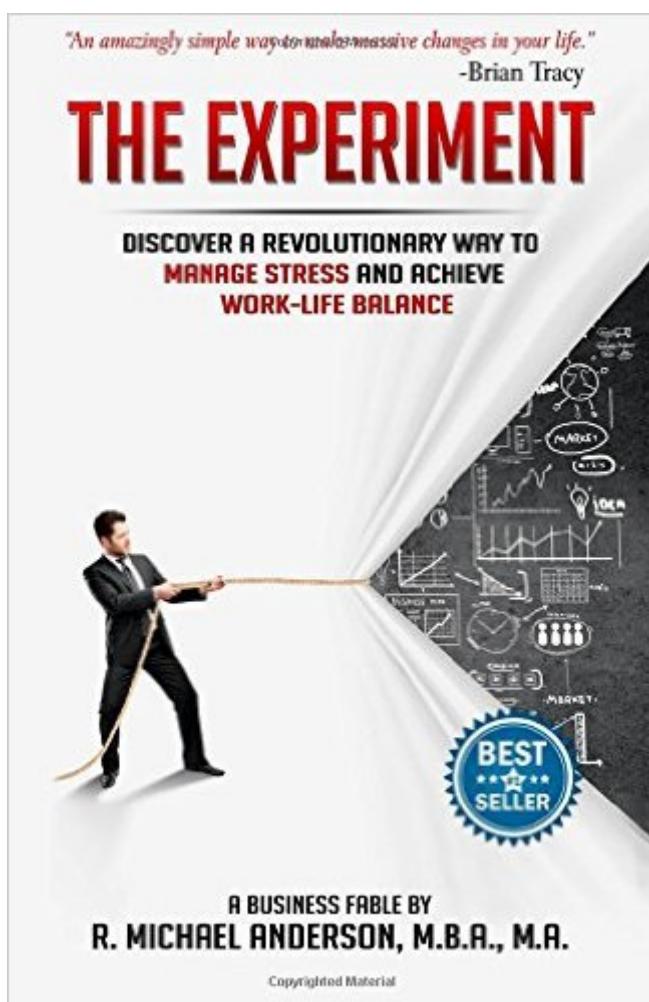


The book was found

The Experiment: Discover A Revolutionary Way To Manage Stress And Achieve Work-Life Balance (The Experiments) (Volume 1)



Synopsis

** #1 Bestselling Book in Creativity and Business Leadership TrainingÂ **Learn transformational life skills in this exciting new modern business fable by acclaimed expert R. Michael Anderson. Stressed? Overwhelmed? Burned Out? Dennis is living on the edge. His business is struggling, he's separated from his wife and kids, and he's in utter turmoil because he can't see a way out... Until he meets a coach named Robert. Skeptical at first, Dennis takes a chance--he calls it his Experiment. And in just three coaching sessions with Robert, Dennis accomplishes a personal transformation that gets him back on track with amazing speed. All too often in life we feel burdened with the task of living. Disconnected from our passion, our joy. Maybe we're stuck in a dead-end job and struggling to make ends meet. Maybe we're successful in business but pay too high a price in stress. Maybe the most important relationships in our lives--with our spouses, our children, our friends--are failing. Sometimes it's hard not to shake a feeling of hopelessness. But there is a way out. Learn how in *The Experiment*. Follow Dennis as he deals with the same kinds of challenges we all face in life. Watch as he learns to move through them with surprising ease and grace. Read the notes he takes in his coaching sessions with Robert, and then use them as exercises to effectively transform your own life using the powerful ARC method. Awareness: Learn to recognize and acknowledge what's going on inside and outside yourself. Take charge of your own thoughts instead of living in anxiety and fear. Response: Learn to respond constructively to any situation instead of just reacting to it. This is the secret for transforming challenges into opportunities. Compassion: Learn to treat yourself right. Understand how being good to yourself gives you the energy to engage with and transform your life. In utilizing this simple process you will learn how to create an ideal work-life balance, build great relationships, manage stress, change bad habits into good ones, get more done in less time--and reclaim your life. More than just a story, *The Experiment* is a window into a new way of living. Use it to energize your business, your relationships and yourself. Not sure about this book? Â Go ahead. Â Give it a try, buy it now and take the first step on your own transformational path. Call it your Experiment.

Book Information

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Customer Reviews

As a business owner, I've experienced the downfalls of success: long hours, missing family events, and exhaustion "when I should be happy for the success. I read *The Experiment* because I wanted a different approach to finding joy in my work life" and this book gave me exactly that. Finally! A different approach to a business book: *The Experiment* tells an actual story and reads much like a novel "but with sessions to keep you focused. Dennis, an overworked, unhappy CEO, feels like he's hit rock-bottom. His marriage is falling apart, he drinks too much, and he works constantly. He meets Robert, a business coach, on a train ride, and after a talk or two, agrees to try an experiment. Instead of overwhelming the reader with bulleted lists and boring statistics like many business-themed books do, Anderson weaves a relatable story to teach the readers how to solve everyday problems, live a happier life, and be more productive. I loved seeing the specific results that occurred after Dennis experimented each time. Reading about Dennis's struggles is something that every business owner can relate to. While many of us relate to his problems, it was refreshing to see real solutions to each problem. What I thought was great about this book was the originality. Robert instructs Dennis to try different experiments to help him lead a happier life, and they were all so simple. Many of them made me say, "Why didn't I think of that?" My only negative comment was the font used for his sessions. I loved the sessions because I felt like it made me stop and reflect on each new goal. But the font was kind of hard to read; it could've just been me, but I would've liked for it to be easier to read. They are downloadable, though, which is very convenient.

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