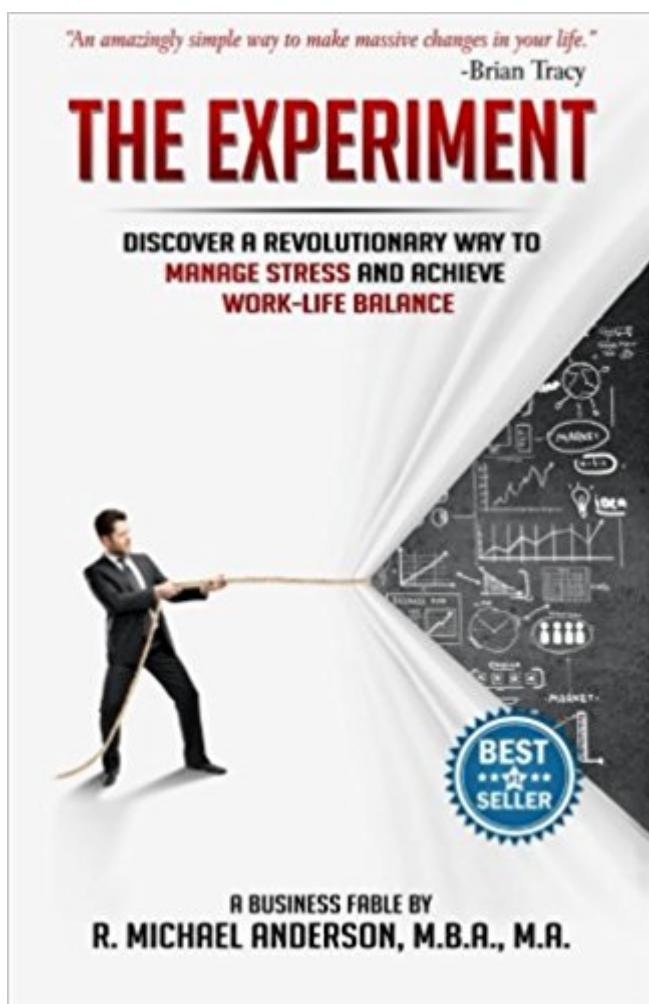


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# The Experiment: Discover A Revolutionary Way To Manage Stress And Achieve Work-Life Balance (The Experiments) (Volume 1)



## 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

"An amazingly simple way to make massive changes in your life." -Brian Tracy

People who read The Experiment ask me if I'm Dennis, the business person looking to change his life, or Robert, the coach. They laugh when I tell them I'm both. This story is based on my personal transformation and on the journeys of the many others whom I've helped. When you finish this book, you can go online and get ongoing support with making these changes in your life, delivered via short video courses. When you combine the free follow-up e-course with the exercises in the book--which you can download and use as well--you'll be on your way to living a richer, fuller life. I'd be honored to be your guide along your path. Humbly Yours, R. Michael Anderson

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. Another thing to mention is it takes a few chapters to get to the meaty stuff, but it has a point in doing so. Just stay with it and keep reading." You'll be so glad you did. Bonus: One thing I didn't even realize was that you can sign up for support after reading *The Experiment*. That was a fun bonus that I think more books should do. After reading the book, I have new, specific goals for myself. This book taught me to try new things and "you guessed it" experiment. Whether you're just starting out in the business-owner world or have been a CEO for twenty years, this book will give you a whole new perspective on achieving the most coveted thing in the workplace: happiness.

"It's never about where we are at now, it's about the ferocity with which we focus our attention on improving those areas. It's the courage that we show when experimenting with new ways of living life, because doing so leaves us vulnerable." This book is FULL of so many great points. I felt like I was working with the "coach" through my own issues, soaking in his advice and digging deep into the experiments I can put in place. Not only does it boost confidence to realize the small steps are so do-able, but it's a great reminder of the feelings that come with being human, and the ferocity it takes to make a change. Stress is manageable. Life should be lived by design. So change the things you can control- YOU, and the rest of it will take care of itself. I appreciated the repetitive reminders that stress comes from trying to change the things we'll never be able to. All we can change are our habits, and the way we talk to ourselves. I'd recommend this book for anyone stuck in their ways. If we view "commitments" as "experiments", it's no longer a huge mountain. It's just a temporary decision which could have a positive impact for good!

For those of us within the motivational industry or for those of us who read self-help or motivational books regularly, it can often be difficult to find something new that is added to the conversation. Thankfully, R. Michael Anderson avoids this problem with *The Experiment*. Without giving away too much of the main idea, I'll simply say that this short book is worth the time. There's really only one main idea, but it's practical, uncomplicated, and it works. And it works because even if it doesn't, you can keep trying until it does. That's all I'll say. Read the book. In regard to the writing style, it also works. Coupling the main idea in a fictional but realistic setting keeps the reader interested and

wondering what will happen next to Dennis, the beleaguered CEO of a successful but struggling business. Mr. Anderson's work is original and interesting and a good investment of time. I highly recommend it to anyone who wants to make changes in their lives.

AMAZING read!! I have been struggling through so much emotional and physical stress in my life and have purchased several books on self help and how to manage stress. Like SO many others, I am juggling work, raising children, caring for sick and aging family members while trying to keep my head on straight and not end up in the hospital myself. I have ZERO time to sit and read these days, but this book literally took me less than 2 hours to get through and I am blown away!!! Thank you R. Michael Anderson for teaching me in the most simple terms how to make the changes I so desperately need. I HIGHLY recommend this book.

This book was practical, informative and easy to digest. Easy to read for someone with limited time and/or a short attention span. I find I need a sense of completion before I close a book for the night. Books with long chapters make me feel overwhelmed with needing another 30 mins to read to the end. I like that he uses a story telling format to provide a useful set of tools for self improvement. I've read many great self-help, business skills improvement and personal growth type books. By sharing his info with a character in mind it creates an impression by relating the tools and advice to a modern day situation. I also appreciate how he gets right to the point. Chalk it up to ADD but it drives me crazy when authors take 3 chapters to set up where they are going. That's what the summary is for - usually we know why we are reading the book before we open it so by the time I sit down to read I'm just ready to "get to it". Great read.

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