



# Better than Sex: The Ecstatic Art of Awakening Coaching

*Arjuna Ardagh*

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## **Better than Sex: The Ecstatic Art of Awakening Coaching** Arjuna Ardagh

Millions of people today, all over the world are having glimpses of who they really are: beyond endless thought and reactive feeling. Such a moment of “awakening” changes everything, and unleashes a wellspring of energy, humor and love. Do you feel a deep longing, a commitment to live this more expansive consciousness in your day-to-day life, but at the same time have an intuitive resistance to the old traditions of patriarchy, dogma and conformism? This book might be for you. Awakening Coaching is an innovative and brilliant new way of approaching spiritual awakening, stripping our deepest and most profound longing back to its most essential roots. This is an extremely practical book, drawing upon dozens of real life examples from coaches and clients, in which the author explains to you a simple and repeatable methodology to support others in living their fullest potential in every possible dimension of themselves.

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