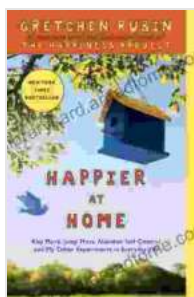


# Kiss More, Jump More, Abandon Self-Control: Uncover the Secrets of a Life Transformed

Embark on an extraordinary journey with Shane Koyczan, award-winning poet and spoken word artist, as he invites you to challenge societal norms and embrace a life less ordinary in his groundbreaking book, "Kiss More, Jump More, Abandon Self-Control and My Other Experiments in Everyday Life."

This captivating memoir intertwines personal anecdotes, philosophical musings, and thought-provoking experiments that will ignite your imagination and inspire you to live more authentically.



## Happier at Home: Kiss More, Jump More, Abandon Self-Control, and My Other Experiments in Everyday Life

by Gretchen Rubin

★★★★☆ 4.4 out of 5

Language : English  
File size : 5652 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 289 pages



### Experiment #1: The Kissing Experiment

Koyczan embarked on a daring experiment where he kissed every single person he met for a week. This audacious social test shattered the boundaries of traditional interactions and exposed the power of human connection.



### **Experiment #2: The Jumping Experiment**

Inspired by the iconic poem "Do Not Go Gentle Into That Good Night," Koyczan resolved to jump for 10 minutes every day for a year. This physical challenge not only reinvigorated his body but also symbolized his resilience and determination to overcome life's obstacles.



### **Experiment #3: The Abandonment of Self-Control**

In a bold experiment of self-discovery, Koyczan shed his inhibitions and abandoned all forms of self-control for 24 hours. From dancing in public to hitchhiking with strangers, this experiment revealed the liberating power of embracing spontaneity and living without fear.



## **Beyond the Experiments: A Life of Transformation**

Koyczan's experiments serve as catalysts for a profound transformation in his life. He challenges the reader to question the unwritten rules that often hold us back and encourages them to embrace their eccentricities with unapologetic boldness.

"Kiss More, Jump More, Abandon Self-Control" is a literary masterpiece that weaves together personal stories, introspective insights, and thought-provoking experiments to create a transformative reading experience.

### **What Readers Are Saying**

*"Shane Koyczan's book is a resounding wake-up call to shatter the monotonous routines of life and embrace the extraordinary. Through his daring experiments, he invites us to break free from our self-imposed limitations and embark on a journey of self-discovery."*

#### **- Goodreads Reviewer**

*"This book is not just a collection of experiments; it's an exploration of what it means to be truly alive. Koyczan's raw honesty and poetic prose will inspire you to live life with more passion, purpose, and freedom."*

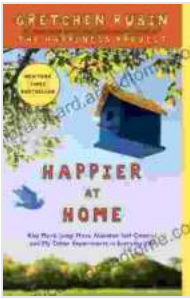
#### **- Our Book Library Customer**

### **Embrace Your Inner Maverick**

If you yearn for a life beyond the ordinary, if you're ready to challenge conventions and live authentically, then "Kiss More, Jump More, Abandon Self-Control" is the book you've been waiting for.

Join Shane Koyczan on this transformative adventure and discover the extraordinary power of embracing your inner maverick. Free Download your copy today and unleash the boundless potential within you.

Free Download "Kiss More, Jump More, Abandon Self-Control" Now!



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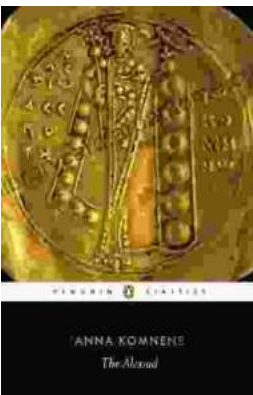
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