



# Experiencing the Hero's Journey: Foolish Wisdom Book 1: An Apprentice of Wonder (Volume 1)

*Joseph Riggio PhD*

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## **Experiencing the Hero's Journey: Foolish Wisdom Book 1: An Apprentice of Wonder (Volume 1)**

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Do you feel stuck in your life? Do you wish you could go on an adventure, but think that's only something other ("irresponsible") people do? Have you stopped searching for the answer to the question, "Who am I?" and decided that it's too late to even consider asking, "Who do I want to be?"

In his personal memoir, *Experiencing the Hero's Journey*, Joseph Riggio, PhD, shares his madcap quest into the mysterious world of the spiritual and neuroscientific under the guidance of a master hypnotist and NLP master trainer, which led him to recognize the "bad learning" he'd accumulated throughout his life and finally experience the freedom to choose to become fully human. In addition to expressing his times of triumph, he also candidly shares his times of despair and embarrassment, so as to offer a clear window into the remarkable journey we're all invited to experience.

Dr. Riggio offers his story as a guide so that you can know this: you, too, were made to live a good story. And all good stories are about adventure. Only you can live yours, so isn't it time to finally uncover who you really are and start discovering your own exciting adventure? Welcome to your real life!

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