

Best Life Coach California 2025 Now Accepting Media Interview Requests

Arthur Palyan, creator of Level Up game with 3,500 scenarios, available to discuss contrarian approach to transformation

LOS ANGELES, CA, UNITED STATES, January 2, 2026 /EINPresswire.com/ -- Arthur Palyan, founder of Levels of Self and creator of the [Level Up](#) self-awareness game, is now accepting requests for podcast interviews, TV segments, and media features

following increased visibility from recent coverage on AP News, Google News, and Yahoo.



Arthur Palyan On Stage

Palyan, named [Best Life Coach California 2025](#), offers a contrarian perspective on personal

development. His core message challenges the \$15 billion self-help industry: motivation does not create lasting change, pattern recognition does.



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Arthur Palyan

"You can't positive-think your way out of patterns you can't even see," says Palyan.

His [7 Levels of Self](#) framework identifies seven stages of personal development with a specific order. The free Level Up game, featuring over 3,500 real-life scenarios, helps users identify which level needs attention. The tool is now available in six languages including English, Spanish, Korean, Armenian, Dutch, and French.

Palyan developed the framework after a decade of training through programs including Landmark Worldwide, MITT, Insight Seminars, and Ancestral medicine.

Topics available for discussion include why high achievers often feel empty despite success, how childhood patterns shape adult behavior, the difference between acceptance and agreement in personal growth, and what the self-help industry gets wrong about lasting change.

Palyan runs free monthly masterminds and hosts transformational workshops and international

retreats through Levels of Self.

Media inquiries can be directed to ArtPalyan@levelsofself.com or (818) 439-9770. High-resolution photos and additional assets available upon request.

More information at <https://LevelsOfSelf.com> and <https://100LevelUp.com/assessment.html>

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Founder Of Levels of Self & 100LevelUp.com

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