#1 New York Times Bestseller GABRIELLE BERNSTEIN

THE UNIVERSE Has your back

Transform Fear to Faith

Gabrielle Bernstein

The Universe Has Your Back: Transform Fear to Faith



#1 New York Occasions Bestseller! In her latest book. The Universe Has Your Back. New York Times best-selling author Gabrielle Bernstein teaches visitors how exactly to transform their fear into faith to be able to live a divinely guided existence. When the tragedies of the globe seem overwhelming, this reserve will help guide them back to their accurate power. The lessons help readers relinguish the necessity to control to allow them to relax into a sense of certainty and freedom. Gabrielle says, "My commitment with this book is to awaken as many people as possible with their link with faith and pleasure. Follow the secrets exposed in this reserve to unleash the current presence of your power and understand often that The Universe Offers Your Back. Each story and lesson in the reserve guides readers to release the blocks to what they most long for: happiness, security, and clear direction. Readers will figure out how to stop chasing life and really live. The happiness, security, and security we long for is based on our commitment to like. These words can't be adorable buzz phrases that we merely post on social media. Rather, these words must be our mission. In that connection, we are able to be guided to our true purpose: to be like and spread like." When readers follow this path, they'll begin to experience a swell of energy undertake them. They'll find strength if they are down, synchronicity and support when they're lost, safety in the face of uncertainty, and joy if they are in any other case in discomfort. Making the change from dread to faith will give readers a feeling of power in a global that all too often makes them feel utterly powerless.



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A little too fluffy for me... I don't wish to be overly negative, but want to talk about my review for the sake of balance, because this book has overwhelmingly positive feedback and I simply couldn't get on board. You might find this book excellent and uplifting, but if you're dealing with actual serious hardship in your life, the author's tone might feel a little trite. It helped me to be more ready to surrender to God. She appears lovely and genuine, but also very privileged, therefore she won't cater to everyone. It feels superficial and incredibly simplistic. Helpful but Disappointed in her Marketing Tactics This book came at the right time for me. I will say be prepared to set up some effort and function. Great writing style and this is a page turner. What's even more, the specific tracks she mentions in the publication aren't generally on the website. That said, the reader should know that the foundation of the book is A Program in Miracles (ACIM) and ACIM teachers primarily, plus New Age tips from Abraham and The Secret and such, plus Kundalini and John of God. The book includes many exercises and meditations, some journaling, and several simple prayers. It has already made a big effect on my thought process and is creating much more positive habits.. She lost what might have been a lifelong customer. When I go through a publication that conflicts with my simple religious beliefs (as that one did--yes), I consider the truth that I could find and the nice that I can find and translate it into my beliefs, into my method of looking at the globe, into my own religious beliefs. We just have to be willing to heed the decision. A well-written reserve on how to connect with the Universe. Let's consider that before we rip on the author. In order to access the music, you must provide her your email, whereupon you immediately begin to get marketing emails. Thanks a lot, Gabrielle! I love books of this genre - my bookshelf is full . Again, hence the five stars!. It is one which seekers and millennials especially will find much directly into appreciate. Everything I have built-in my life--career, house, security--unraveled rapidly. But when it arrived, I didn't like it. If I list all the explanations why, my review is merely going to echo so many of the other harmful reviews, that the author feels too goofy, slangy, New-Agey, jingo-y and youthful. That it just does not have depth to it, and there's nothing new in here that was not written thousands of moments before. That's okay - sometimes it takes a certain voice for connecting with a certain group of people. I want to be apparent about who that group will be. Some have said that maybe this publication will be best for millenials.. And if you are a millenial with an old soul like me, you're most likely not going to connect to it. I believe this reserve is a great fit for a number of people - maybe young people that are just now beginning the search, that are simply starting up to the energy of the Universe. Or for all the people that wrote positive reviews - if the book also touches the hearts and changes the lives of simply 100 people, after that it was well worth being created, as that 100 people will contact countless more. How many people's lives do each folks change? Specifically great if you are going through an emergency. In these New Age spiritualities I came across so much peace. If you're worried about losing your money - Amazon includes a money-back guarantee - all you have to do is print out a return receipt, put it back the box it arrived in and UPS will pick it up from your doorstep. It doesn't matter how aged you are - you're new to the road of miracles, Oneness, feeling Spirit working in your life, give this book a go. If you've been on the road for many years as I am, regardless of what era you're in - I wouldn't recommend it. Wish this review helped. This book nudged me to keep in mind love, peace, and openness, non-judgement, and many other values that are key to my faith. As the unraveling happened, I came across myself overtaken by fear and uncertainty. Very pleasant. SHE NAILED IT! This book is wealthy with spiritual insights that I used in this way. If you make an effort to unsubscribe from her emails, it doesn't work. If you are offended by these institutions of thought, you will not enjoy this reserve. I was not

offended, and I don't believe most readers will be. The book can be an amalgamation of the above beliefs in a fresh way with the author's exclusive spin--which is why is it worth reading. Uplifting and mindset changing :) Personally I am only half way through this book and I really like it. I often want reminders and therefore enjoy books like this. It helped me to start and be more willing to receive from God (my Higher Power, versus "the Universe"), something I am currently struggling with. If you are recovering from trauma or reduction, the author's anecdote of "onetime in yoga class I just couldn't obtain centered and boy was that awful" can be quite irking. It is youthful and clean, which really is a positive and a poor to me." As you can plainly see, this can be put on many types of spiritualities and it is an excellent reminder. A quote: "Limitless guidance is available to you when you surrender to get it. Sometimes maybe it's a bit simplistic and naive. On the other hand it was filled with youthful and energetic enthusiasm. I know that this is merely reflecting the author's personality. You have to go on her website beneath the help section to submit a ticket to become removed from her mailing list. Years later on I came back to Christianity and encountered Jesus and His peace in a fresh way. Due to this alone, I refuse to read any more of Bernstein's work.. Spirituality in the 21st Century Practical and thoughtful undertake bringing love into your daily life, to effect change and create happiness in the world. Still, the rituals could possibly be helpful to those who find themselves seekers, those who have rejected traditional faiths, and who want to surface themselves in love for some reason that speaks to them. Despite a couple of things that I could not apply, I still think this is a five star book. We love books of this genre - my bookshelf is filled with them. As an example of how I applied this book to my very own religion, I'll share this: When I was a Christian, I was appalled at having less love and peace I came across in my church. I wondered, since according to the Bible, when Jesus remaining the planet earth His parting present to us was "His peace", why I didn't feel very much peace as a Christian. Instead I came across myself reflecting judgement and actually hatred around me. I didn't like what I was getting. I ended up leaving Christianity for several years. I was involved in additional spiritualities, including ACIM.In fact, I don't even want to essentially say any other thing more negative, because this could be the book for you personally. It was eye-opening to me. It also includes many rituals. I do believe my time wandering and seeking helped me to get this done. Eventually I came across the fullness of His peace as a Roman Catholic. Namaste :) New and Uplifting Spiritual Perspectives MOST OF US Can Use To Become More Loving And To Feel More Loved *****This is normally a book with a high purpose, based on the author: "This book is approximately helping people find security in the midst of uncertainty, power when they feel powerless, and love in a fearful world. If your looking for a book to improve your mindset and good attitude this is certainly for you. I adored the reminders and I liked forming my own new perspective on the struggles of our nation, all prompted by thoughtful reading of the book...We received and advance duplicate of this book in exchange for an honest review. I hope that my review was helpful to you to make a investing in a decision. I enjoy the writer for the earnest and transparent work she has done with it and believe it's a keeper. Highly recommended.***** Precisely what I needed 2016 wrecked me. I even thought I would love that one, something about the cover picture, the title, and even the web pages I previewed drew me to it.' She accomplished her purpose. This reserve offered as a lifeline to draw myself out of all that muck and step back into light and hope. dissappointing We couldn't agree more. I found Brene Brown's "The Presents of Imperfection" to be a bit more grounded for what I personally needed. This is simply not how we change or grow spiritually. I like to see even more humility. It sounds like a whole lot of superficial spiritual bypassing. Helped me realign with my True Personal and

rediscover my internal Power I found this book because I was looking for something in the law of attraction. I wanted to deeply realize why and how it works. I'm often looking for fresh perspectives on things. I'd love to share the stage with her and pass on the message of like. It truly really helps to follow through with everything, and to collection up with the higher self. Doing the exercises and meditations present us that the universe can be always there for us. It's my hope now that 1 day 1 too, can function alongside Gabby. Upon reading the first chapter, I understand this is more than a publication on the law of attraction. I think the author is inspirational and I will be purchasing more books from her. I didn't look after her other books, but she nailed it in this reserve. Great read. Gabby may be the best. Recommend this one to all or any of my friends.it reminds me of the truth that often whenever we reject rituals handed down to us by traditional religions we then continue to create our own, absent a few of the wisdom of those who came before us. Much needed in today's climate. Good read Liked validations and reminders. I would disagree with that generalization because I'm a millenial. An excellent examine for a Anyone. This is a practical spiritual book that all readers will reap the benefits of regardless of what their spirituality. Makes an excellent gift for family and friends. For me it was a reminder of spiritual teachings I understand but possess "forgotten"; This process to drumming up business is certainly sickening. It also addressed surviving in a fear-based globe, especially challenging turmoil inside our country at this time. A very important factor I find certainly galling can be that in each chapter, she efforts to operate a vehicle you to her website for meditation music. This is proof that we can save the world. Life Changing Life changing. Amazing book that triggered me to look at life in a different way and improved my sense of fear. I am permanently grateful for this book. Must read! One of my favorite books ever.



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