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"A powerful read that changed my life, showing about health and happiness—with  
a specific plan that works." —DR. ISABELLA WENTZ, #1 New York Times  
bestselling author of Hashimoto's Protocol

# vibe

UNLOCK THE ENERGETIC  
FREQUENCIES OF LIMITLESS  
HEALTH, LOVE & SUCCESS

BESTSELLING AUTHOR OF THE GREEN SMOOTHIES DIET

ROBYN OPENSHAW

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Robyn Openshaw

# Vibe: Unlock the Energetic Frequencies of Limitless Health, Love & Success



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And that makes all of the difference. The fantastic Austrian scientist Nikola Tesla is children name among today's scientific community, known for his discovering that almost all matter provides vibrational energy, or electrical frequency, and that we are electrical beings, made up of quickly vibrating cells. Many of us are vaguely familiar with this concept, but we don't realize the powerful implications it has for our options every day—high vibe"can radically improve our mood, overall health, and standard of living. Everything in health and fitness should revolve around the basic idea that what we choose to eat and what we elect to perform lowers or raises our vibration. In Vibe, bestselling author Robyn Openshaw reveals the difference between low vibration emotions (fear, anger, inertia) and high vibration emotions (love, internal peace, gratitude) and helps readers dramatically impact their physical and mental well-being by increasing their vibrational frequencies. Vibe explores the foods, natural chemicals, and lifestyle practices that may raise our vibrations. Living in a " Robyn Openshaw reveals evidence that presents how consuming green juice, using certain essential oils, and engaging in yoga and meditation raises the regularity of the mind and other organs. which foods to eat, how much water to drink, what we think about when we' state can make us resilient to disease, fatigue, burnout, and melancholy. Readers will learn about the low vibration emotions (fear, anger, inertia) and the high vibration emotions (love, peace, gratitude) and how exactly to attain higher vibrations in living. Openshaw explores how the smallest changes in our existence—from what we eat to how we think—re in the car or the shower, what our threat of disease is, and how we feel in any given instant are affected by the energy of vibration.



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It reads such as a information to what we can do (food This book really touched me and helped realize why we are attracted to certain people rather than others.. The book manuals the reader how exactly to be see your face everyone wants around them - positive, lively, empathetic - or, in other words: resonating high vibrations. AN INDIVIDUAL and Practical Instruction on how best to Change your daily life and the World What a enjoyment and privilege it's been to read "VIBE". This is what I needed to read and everyone on earth for that matter! Buuuut. A Must-Browse!The book is a breezy read that gets you motivated.In "Vibe" Robyn Openshaw finally spells away in a language that anyone can understand, why our Vibration Really Matters!.In order to lose weight, eliminate dis-ease, experience happy, calm, energetic, plus much more... Get More Vitality In case you are seeking VITALITY, this book is for you.that is a Must-Read! Much less it appears In order to live a personal centered life this is actually the book to read. Sorry folks but I was very let down after reading all the hype. Yes there were the right points and info on nourishment etc. but mainly I learned how clever she is, how wealthy she actually is (constantly reminded of both) and even more about porn (not like) than I ever cared to know.. Don't mean to be cruel but this is one way the book effected my vibe. Robyn gives you many ways to increase the spring in your step as well as your satisfaction with life. Great book. This book has given me a complete new perspective on our vibes, low frequency emotions, and the procedure of working through them.!but because it's browse by a male when the story to be pregnant and overweight was go through it felt incongruent....). Everyone should read this book and actually elevate how exactly we all communicate with each other and attract what we all want in this life!! Another Home Work from the Green Smoothie Female! So grab a duplicate for yourself and a few more to provide to others and proceed change the world by raising the vibration of the earth and all those surviving in it." Coupled with yoga, I'm right now more aware than previously of my own thoughts throughout the day and how they influence my energy. This book is a gift to humanity and become sure to buy a duplicate for a pal and pay it ahead! It reads like a lead to what we can do (food, daily practices) to go up these vibrations. Every word resonates truth and power! Ego with a dash of SRSLY? If you're looking for the right vibe raising lifestyle methods that aren't at all complicated but very useful and achievable, "VIBE" is one of the greatest sources you can have at your fingertips on how best to do so. Robyn can be an expert at all things related to natural living, and her new publication will not disappoint. This is a game-changer Game-changing. If you want more energy, you need more energy, you're sick and tired of playing the energy in/calorie game and the energy out/calorie burning game. this is for you. After half way through the reserve my vibe went very low because I experienced to force myself to complete reading it.. It's simultaneously so scientific and so basic it's something for anybody who wants more flow in their lives (and for those people in yours you wish had more circulation).. For all the money in the globe I don't need to be that person, and it could take a good little bit of that money to afford all she is selling you. As a power Expert working in the field of Energy Healing for over 30 years, I can't say enough about this book! Robyn is able to describe what could be sometimes very tough to understand and complicated concepts of vibration, energy and rate of recurrence, in such a simple, beautiful and personable way that makes having the ability to truly increase your own private vibe and that of the world, actually possible.???? This is a wonderful point to have overcome some hardships and become inspired to talk about the learnings, and I thought I'd like to go through something from someone with a background much like mine. I'm applying it step by step now.. Why we can't wait to talk to one stranger and are appalled by another.!unfortunately, this reserve, although well-intended, has still left me with a awful taste in my mouth. 1) The writer has some great points however the

book is even more "look how awesome I am". 2) I know this one sounds actually weird. (like tapping that i didn't know anything about!. She has such an extensive history in this subject it's amazing she really was able to sum up her years and years of experience and boil it right down to the necessary nuts and bolts of how exactly to immediately put into action these amazing techniques. 3) The truly sucky component is I have to navigate her website to see the parts of the book and not a download which could include the book. I understand she can handle this feedback, therefore her next publication will be awesome:) Hopefully this helps Disappointed Don't waste your cash on this book! Great quality for great price I thought I purchased this book used but it doesn't actually look touched. It looks brand new. Great quality. Many thanks! Increase your vibes! I really like that Robyn actually explains techniques to become more mindful.! Great overview of vibration. The BEST takeaway for me is to constantly ask, "Is this raising or lowering my vibe? You'll be empowered with useful tips that you should live a higher vibe life, which include: making good food choices, maintaining your thoughts positive, fostering mutually beneficial associations and learning how to create a work-life balance. I really like the author's perspective that EVERYTHING we do in a day affects our vibration, from the foods we consume, to the conversations we've with people. WONDERFUL book WONDERFUL book Five Stars Interesting read I am learning so much about how to raise my ... I am learning therefore much about how to raise my vibrational quotient frequency, and move from low frequency thoughts, foods, people, etc.



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