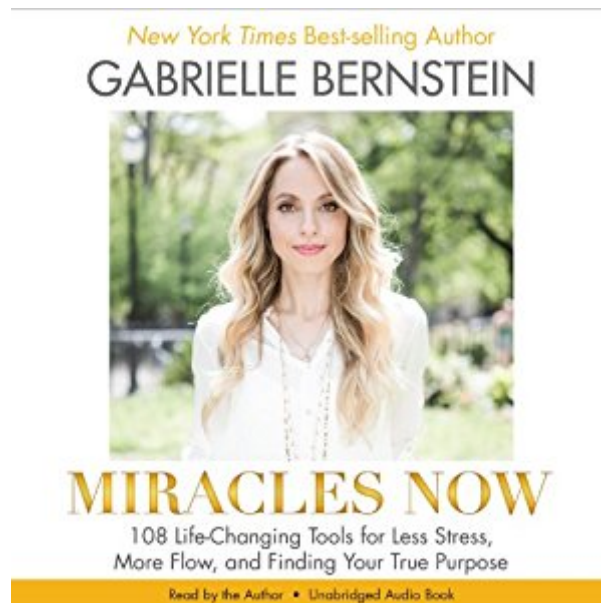




The book was found

Miracles Now: 108 Life-Changing Tools For Less Stress, More Flow, And Finding Your True Purpose



Synopsis

Let's be real for a sec. Most of us don't have time for an hour of yoga or 30 minutes of meditation every day. We're overwhelmed as it is. Our spiritual practice shouldn't add to that. That's why I've handpicked 108 simple techniques to combat our most common problems - stress, burnout, frustration, jealousy, resentment. The stuff we have to deal with on a daily basis. This audiobook is designed so that you can achieve peace and experience miracles now. Inspired by some of the greatest spiritual teachings, Miracles Now uses practical, moment-to-moment tools to help you eliminate blocks and live with more ease. They're powerful, life-changing meditations and principles, modernized and broken down into easy-to-digest techniques to fit your lifestyle. xo, Gabby

Book Information

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Best Sellers Rank: #106 in Books > Self-Help > Stress Management #412 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #483 in Books > Self-Help > Motivational

Customer Reviews

Amazing! It's like a "how to" on every page or two on exactly what the whole title says. What I love most about this book is that it feels like the author is right there with you, like you have a coach through the words if that makes any sense, a strong and kind coach. Each technique takes like 1-3 minutes to do. I have dog eared many techniques to come back to when I need to. Some of them I have tried, and I was elated that they really worked. It blew my mind. It's so refreshing to have a book that actually shows a person what to do for real relief. Its more like a reference book, but for specific recipies for modern day ailments that literally take 1-3 minutes to do and actually work. It's awesome!

This book has showed me so many ways to make changes in my life that will help me forever. I loved it and kept many notes as I read it. In fact 108 notes. Thank you Gabrielle Bernstein for I shall start the first day of the rest of my life. God bless you.

This is a guide to open it's readers minds, hearts and lives to the awareness of daily miracles in our lives. It reminds us to continue to follow the path of the light rather than give in to the illusion of the dark. Thank you for sharing these gifts. It was enjoyable to open each one!

Gabby Bernstein is wonderful and I absolutely love this book. I pick it up whenever I'm feeling stuck, frustrated with life or just inside my head and flip to one of the 108 tools she's provided and take some action. I highly recommend it for anyone who is interested in spiritual growth.

This book is amazing. A great quick read and completely life changing! Such a refreshing book with tips and tricks to bust through anxiety, anger and the lot

Totally lacking in substance and authenticity. I agree with the reviewer who stated that it felt very commercial because the author asked the reader to post on social media after every chapter. I was further disappointed when I discovered that the author provides the opportunity to TITHE TO HER via her website. The level of marketing and commercialism associated with this book has tainted the contents. After watching one or two of her videos, I did not see sincerity or authenticity, I just observed the ego in a huge display of narcissism. I have had a great deal of success in my life. I do not need to read a trite rehash of ACIM by someone whose claim to fame is being an ex-drug addict.

I am chronologically enhanced...ie older...so my pace is not as fast as a younger person's might be. That being said, I find her applications to be a wonderful tool for utilizing A Course in Miracles for a younger generation!

I love this book because it is practical. Pick it up and read what you want. You don't have to commit a lot of time to gain immediate benefits. Would recommend to anyone who believes in the power of words and mindfulness.

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A Positive Attitude is Everything: Tips to Becoming More Positive and Feeling Better Every Day (Changing Your Attitude, Find Your Purpose, Life-Changing Attitudes, Choose Your Attitude)
Miracles Now: Inspirational Affirmations and Life-Changing Tools Getting Your Life to a 10 Plus: Tips and Tools for Finding Your Purpose, Being in Your Power and Living an Amazing Life The Ayurveda Way: 108 Practices from the World's Oldest Healing System for Better Sleep, Less Stress, Optimal Digestion, and More Light Scattering, Size Exclusion Chromatography and Asymmetric Flow Field Flow Fractionation: Powerful Tools for the Characterization of Polymers, Proteins and Nanoparticles Communication Miracles for Couples: Easy and Effective Tools to Create More Love and Less Conflict On Purpose: How To Discover Your Purpose Using 12 Proven Tools Purpose: How To Discover Your Purpose Using 12 Proven Tools Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! Less Mess Less Stress: Minimalist Routines To Declutter Your Environment, Unload Your Mind And Optimize Your Day Less Mess Less Stress: Minimalist Techniques to Declutter Your Environment, Unload Your Mind and Optimize Your Day Chicken Soup for the Soul: A Book of Miracles - 34 True Stories of Angels Among Us, Everyday Miracles, and Divine Appointment Living in The Now in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) High Trust Selling: Make More Money in Less Time with Less Stress High Trust Selling (Library Edition): Make More Money in Less Time with Less Stress Rx for Stress In a Jar®: Tips for Less Stress in Your Life The 7 Steps to Bar Exam Success: The Strategy Guide for Passing Your Bar Exam with Greater Confidence, in Less Time, and with Less Stress Than the Rest Hygge: The Danish Art of Living Happy, Finding the Joy in Simple Things and Escaping the Stresses of Modern Life (Hygge, Happiness, Finding Joy, Escaping Stress) The Life You Were Born to Live: A Guide to Finding Your Life Purpose

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