



Summary - The Universe Has Your Back: By Gabrielle Bernstein - Transform Fear to Faith (Paperback)

By The Summary Guy

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Universe Has Your Back: A Complete Summary The Universe Has Your Back opens with Bernstein s short intro. As a teenager, she had problems with depression. Her mother was a hippie and yogi, and she coached Bernstein into the habit of meditation. During one session, she experienced a blanket of peace, filled with loving energy, tingling in her body. But because she failed to constantly practice meditation and draw power from it, she succumbed to drugs and alcohol and soon hit rock bottom. However, she knew that she needed a way out of those habits, so she started practicing meditation and mantra. Since that day, Bernstein has been on a spiritual journey. She wanted to empower her relationship with the true source of love. She says that some people call this God, a spirit, a truth, or a consciousness. Some people simply refer to this as The Universe. Here, she states that pursuing this connection to love needs to be a personal commitment for each person to make. She also felt that the root of all unhappiness is in not...

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Reviews

An exceptional pdf and the typeface employed was fascinating to see. Better then never, though i am quite late in start reading this one. Your daily life span will be transform as soon as you total looking at this publication.

-- **Dale White**

Unquestionably, this is actually the greatest function by any writer. We have go through and so i am confident that i am going to gonna read through once more once again later on. I am just happy to explain how this is actually the very best book i have got go through during my individual existence and might be he greatest ebook for ever.

-- **Wilbert Connelly**