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

By Gabrielle Bernstein

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Miracles Now: 108 Life-Changing Tools for Less Stress, More Flow and Finding Your True Purpose, Gabrielle Bernstein, Miracles Now by New York Times bestselling author Gabrielle Bernstein will help readers clear stress and find peace - even if they only have a minute to spare. Bernstein knows that most of us don't have time for an hour of yoga or 30 minutes of meditation to dissolve our anxiety, so she has hand-picked 108 techniques to combat our most common problems - from fear and anxiety to burnout and fatigue. Inspired by some of the greatest spiritual teachings, Bernstein offers up spirit-based principles, meditations and practical, do-them-in-the-moment tools to help readers burst through blocks to live with more ease. She breaks down each technique Spirit Junkie style - with meditations, assessment questions, and step-by-step guidance - while incorporating lessons from A Course in Miracles. As readers benefit from the techniques they'll be able to share them. Each Miracle Message will end with the hashtag number 108Miracles, perfect for sharing across all social media platforms!.



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