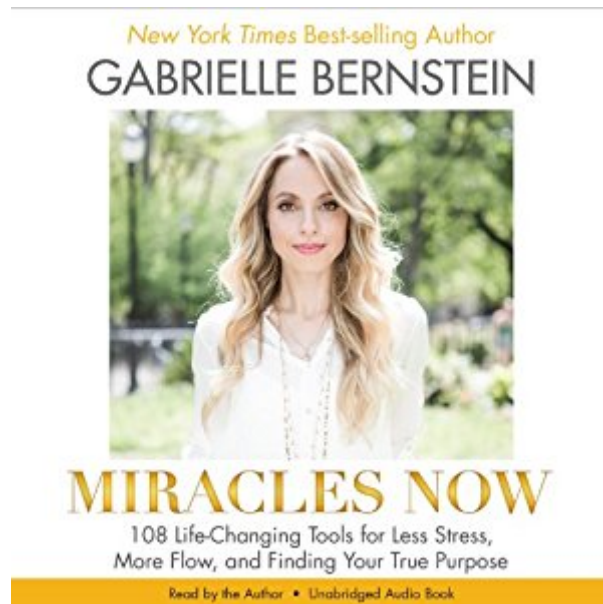


The book was found

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

Audible Audio Edition

Listening Length: 4 hours and 37 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Hay House

Audible.com Release Date: April 8, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00JGWVOHQ

Best Sellers Rank: #30 in Books > Self-Help > Stress Management #122 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #161 in Books > Self-Help > Motivational

Customer Reviews

I was so excited to read this book but I was really disappointed by it. My biggest peeve with this book is that the author asks for the reader to tweet or post about it after every chapter using a hashtag #miraclesnow which feels very unauthentic; I feel disconnected from the book because I feel the author is more concerned about self promotion. I'm hoping that isn't her intention, but still...I'm just not feeling it.

I have mixed feelings about this book but all in all, I'm glad to have it. First, I think the title may be misleading. Its content is not about what most people think of as miracles. According to the Oxford dictionary, a miracle is "A surprising and welcome event that is not explicable by natural or scientific laws and is therefore considered to be the work of a divine agency. The miracle of rising from the

grave."But just so you can see the contrast, the author says you'll experience " ... positive inner and outer shifts. Each shift is a miracle."She includes helpful quotes from A Course in Miracles (which IS about miracles IMHO, although also not as defined by the Oxford dictionary). However, taken out of context and standalone they don't have the same effect as when you're actually a student of the course. So while I do think that calling what she offers in this book "miracles" is an extreme overstatement, the subtitle is very much in line with what it offers: less stress, more flow, and finding your true purpose (although there's not much directly about purpose).>> ContentI didn't find this book to be really profound or deep or even radical if that's what you're looking for. But for what it is, I think it can be useful. Most of the tools are related to working with energy. They seem subtle, yet because they work at a deeper level, they can have more impact and their effects can be expansive. I think for the mainstream it might be a nice, gentle lead-in to acknowledging the idea that energy itself is something to be considered and worked with and played with and that we can take advantage of our knowledge and use of in our everyday lives, in practical terms. That it's not just a far-out woo-woo kind of idea. Included are a lot of tools that can help physiologically with moods and "raising vibes". It depends on where you are with being exposed to things like this, but majority of these tools I've seen or heard of before. They include practices such as smile, hug someone, use a God box, be willing to say "no", and focus on the positive instead of the negative, etc. Many are the kinds of tools you can find on the internet. Just search on a term and find them all over on blogs. Even so, it is nice to have these all together in a book. And many I have NOT seen before. She does give you crash-courses in kinesiology, tapping, yoga nidra (complete with a downloadable audio but it's very short), kundalini yoga, some guided meditations and meditation techniques. NOTE: My disappointment at the yoga nidra audio made me appreciate even more the wonderful yoga nidra CD I have and very much enjoy. It's "Yoga Nidra Cat Naps" (by Debbie Jensen-Grubb) and I highly recommend it! (FYI, yoga nidra is a specific type of guided meditation where just 1 hour equals about 4 hours of sleep. It's amazing.)>> ResourcesI appreciate that she backs up a lot of what she says with data and also has quite a few references to other resources. She makes her own related resources available to you -- these are mainly how-to's and audio versions of exercises -- but it turns out that very few of the downloads are free and there's one video that can be watched online but not downloaded. Most of the videos she mentions are accessed via a package you can buy from her site.>> Time Investment and EffectivenessMany of these tools take a decent amount of time/focus to do them, so you'll need to make a commitment and be willing to invest some time. Any one may affect you in a unique way such that it can make a big and positive difference. For example, one is about introspection, getting things on paper and looking at things that you might not

typically take the time to make a note of and decide to address. Another one encourages you to feel your feelings directly; to go through the process of fully feeling them and allowing them to pass through you as you watch and experience them. She often explores reasons why you might have difficulty following through with some of these, which helps give you some insights into your own self.>> How to Use the Book Most of the tools are not just ideas or concepts but practices or exercises. Toward the end she encourages you to choose one to practice for 40 days, for a lasting change. "I believe in adding up subtle shifts. I also believe in repetition. There's no need to push, control, or force anything to happen. Trust that real change occurs subtly over time." She also gives what she calls quick exercises to give you relief. Many are related to certain issues you might experience infrequently, and it seems to me that those are tools you would NOT practice regularly. But because this book addresses an odd assortment of topics -- and some to use regularly and some to give quick relief -- I think it might be a little hard to use. I think it could benefit a lot from an index. Not all the tool names are descriptive of all that they address. It would be great to be able to look up whichever tools are relevant to whatever topic you want to work with. A few of the index references could be (for example): indecision, forgiveness, prayer(s), relationship, accessing intuition, fear, abundance, synchronicity, sleep. On the other hand, if you want to play with trust, intuition, or guidance (also topics of several of the tools), then take some of her suggestions to heart: "This book is not designed for you to do all at once. It's a self-study curriculum. Trust your intuition and let your inner voice lead you to the exercises that are best for you at this time." OR "Whenever you're stuck, open the book to any page and trust that your inner guide has led you to the perfect exercise." Ultimately, it seems to me this book can help you live more consciously, resulting in less stress and more flow. That is, if you're willing to use the tools! Note: I received this book for free from Hay House Publishing for review purposes and this review reflects my honest evaluation. [All quotes from Miracles Now by Gabrielle Bernstein, except where noted.]

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.

Sorry, very disappointing. Great title, a lot of potential, specially with all the marketing that went in to it. It feels like a very lazy writing. Writing with passion is essential, she could have waited until her energy was vibrating from a place of "ok everyone have already said it but this is my way of getting it through" instead it was written like lots of scattered bits of information being thrown from who knows where, taken right out of somebody else's mouth. I know Gabriel can do much better than that. I feel like I flushed money down the toilet. Since money is energy, you do the math...

A lot of the ideas and thoughts are a repeat of Marianne Williamson's "A Course of Miracles". If you like this information I would suggest purchasing her books as they are much better. Some of the information was so basic and obvious, I could have written it. Also, the request to tweet at the end of chapters was annoying as I felt like I was asked to promote her book on her behalf.

This book helped me realize that I can make simple shifts on a daily basis that can have big impact in my life. Most of us are so busy, especially these days. I appreciate how this book is laid out and written so that I can pick it up, open to any chapter, and get a specific and tangible technique to use to help lower my stress level and connect me with what truly matters! Thank you Gabby...this book is a real gift!

Love this book! It contains 108 short strategies for coping with stress & uncomfortable situations. I found it easy to incorporate some of the methods into my life. And more importantly, they have really helped!

There is no other way to describe Gabrielle Bernstein except FUNKY FRESH! I am a 60 year old women grooving on the words of this spirit junkie. I have a copy of the Course of Miracles but Gabby just makes the book open up and come alive. My understanding of the Course of Miracles has grown exponentially. Gabby's guidance leaves me thirsty for more. I believe that I have purchased everything that she has written and find it enlightening and inspiring. Her books through Spirit give me peace and hope for tomorrow in an otherwise hopeless illusionary world.

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