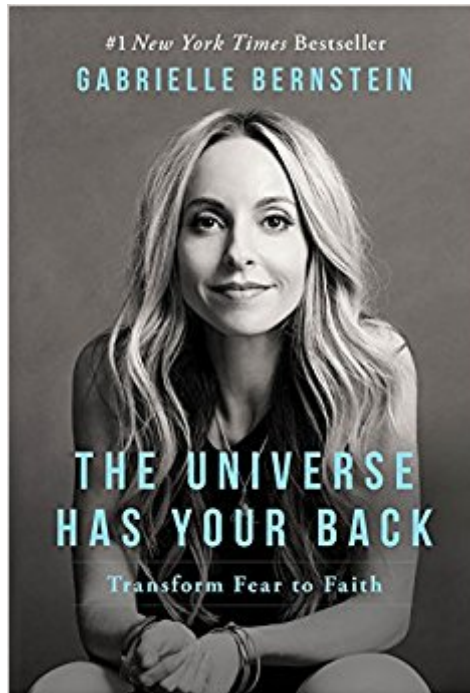




The book was found

# The Universe Has Your Back: Transform Fear To Faith



## Synopsis

#1 *New York Times* Bestseller! In her latest book, *The Universe Has Your Back*, *New York Times* best-selling author Gabrielle Bernstein teaches readers how to transform their fear into faith in order to live a divinely guided life. Each story and lesson in the book guides readers to release the blocks to what they most long for: happiness, security, and clear direction. The lessons help readers relinquish the need to control so they can relax into a sense of certainty and freedom. Readers will learn to stop chasing life and truly live. Making the shift from fear to faith will give readers a sense of power in a world that all too often makes them feel utterly powerless. When the tragedies of the world seem overwhelming, this book will help guide them back to their true power. Gabrielle says, “My commitment with this book is to wake up as many people as possible to their connection to faith and joy. In that connection, we can be guided to our true purpose: to be love and spread love. These words can no longer be cute buzz phrases that we merely post on social media. Rather, these words must be our mission. The happiness, safety, and security we long for lies in our commitment to love.” When readers follow this path, they will begin to feel a swell of energy move through them. They will find strength when they are down, synchronicity and support when they are lost, safety in the face of uncertainty, and joy when they are otherwise in pain. Follow the secrets revealed in this book to unleash the presence of your power and know always that *The Universe Has Your Back*.

## Book Information

Hardcover: 200 pages

Publisher: Hay House, Inc. (September 27, 2016)

Language: English

ISBN-10: 1401946542

ISBN-13: 978-1401946548

Product Dimensions: 5.8 x 0.9 x 8.5 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 585 customer reviews

Best Sellers Rank: #1,647 in Books (See Top 100 in Books) #41 in Books > Health, Fitness & Dieting > Mental Health > Happiness #98 in Books > Self-Help > Personal Transformation #101 in Books > Self-Help > Success

## Customer Reviews

Gabrielle Bernstein has been named "a new thought leader" by Oprah Winfrey. She appears regularly as an expert on The Dr. Oz show, and was named "a new role model" by The New York Times. Gabrielle is the New York Times best-selling author of the books *May Cause Miracles* and *Miracles Now*. Her other titles include *Add More Meaning to Your Life* and *Spirit Junkie*. Gabrielle, a "spiritual activist," recently teamed up with Deepak Chopra to co-host the Guinness Book of World Records largest group meditation. YouTube named Gabrielle one of 16 Youtube Next Video Bloggers, she was named one of Mashable's 11 Must-Follow Twitter Accounts for Inspiration, and she's featured on the Forbes List of 20 Best Branded Women. She has been featured in media outlets such as ELLE, OWN, Kathy Lee & Hoda, the Today show, Oprah's Super Soul Sunday, The Queen Latifah Show, Anderson Live, Access Hollywood, Marie Claire, Health, SELF, Women's Health, Glamour, Help Desk the cover of Experience Life Magazine and more. For more on Gabrielle's work visit [www.Gabbyb.tv](http://www.Gabbyb.tv) or join her social networking community [HerFuture.com](http://HerFuture.com) for women to empower, inspire and connect.

\*\*\*\*\*This is a book with a high purpose, according to the author: "This book is about helping people find safety in the midst of uncertainty, power when they feel powerless, and love in a fearful world." She accomplished her purpose. This is a practical spiritual book that all readers will benefit from no matter what their spirituality. When I read a book that conflicts with my basic religious beliefs (as this one did--yes), I take the truth that I can find and the good that I can find and translate it into my beliefs, into my way of looking at the world, into my own religious beliefs. This book is rich with spiritual insights that I applied in this way. That said, the reader should know that the foundation of the book is A Course in Miracles (ACIM) and ACIM teachers primarily, plus New Age ideas from Abraham and The Secret and such, plus Kundalini and John of God. If you are offended by these schools of thought, you won't enjoy this book. I was not offended, and I don't think most readers would be. The book is an amalgamation of the above beliefs in a fresh way with the author's unique spin--which is what makes it worth reading. For me it was a reminder of spiritual teachings I know but have "forgotten"

I didn't care for her other books, but she nailed it in this book. A well-written book on how to connect with the Universe. Especially great if you are going through a crisis. Great writing style and this is a page turner. Thanks, Gabrielle!

I love books of this genre - my bookshelf is full of them. I even thought I would love this one, something about the cover picture, the title, and even the pages I previewed drew me to it. But when it arrived, I didn't like it. If I list all the reasons why, my review is just going to echo so many of the other negative reviews, that the author feels too goofy, slangy, New-Agey, jingo-y and young. That it just doesn't have depth to it, and there's nothing new in here that hasn't been written thousands of times before. That's okay - sometimes it takes a certain voice to connect with a certain group of people. I want to be clear about who that group would be. Some have said that maybe this book would be good for millennials. I would disagree with that generalization because I'm a millennial. And if you're a millennial with an old soul like me, you're probably not going to connect with it. I think this book is a good fit for a lot of people - maybe young people that are just now starting the search, that are just opening up to the power of the Universe. Or for all of the people that wrote positive reviews - if the book even touches the hearts and changes the lives of just 100 people, then it was worth being written, as that 100 people will touch countless more. How many people's lives do each of us change? Let's think about that before we rip on the author. In fact, I don't even want to really say anything more negative, because this could be the book for you. If you're worried about wasting your money - has a money back guarantee - all you have to do is print out a return receipt, put it back in the box it came in and UPS will pick it up from your doorstep. Regardless of how old you are - you're new to the path of miracles, Oneness, feeling Spirit working in your life, give this book a try. If you've been on the path for many years as I am, regardless of what generation you're in - I wouldn't recommend it. Hope this review helped. Namaste :)

I love love love this book. I've read so many self-help books and this one struck a cord in me, in such a deep way. It has truly helped go with the flow of the universe. It has helped me let go and feel free. It is a beautiful, deep, wonderful book, full of wisdom, its the book that needed to be written. I recommend it to anyone who is seeking spiritual growth, and to learn a different way of being instead of wanting to control everything, Because controlling ultimately does not work. If I could give this book 10 stars, I would. Its that awesome,

I first listened to her audible and had to go back and buy the book. I couldn't stop listening once I got started. It is my first book by Gabby Berstein and it fell into my hands in a unusual way. I like the way she goes through it and gives you so many ways it helps you build your life so you get to the place that you feel the universe has your back. She gives you options to use what works for you and does it in an organized way.

I really like the way this author speaks to me. She's kind, compassionate and honest. She also let's you in on her human imperfections, which is not common among many spiritual guide type authors. This book is wonderfully reassuring and the only reason I didn't give it 5 stars is because I felt it could have gone a little deeper in naming fears and building trust to overcome them - and I would've liked it to be a bit longer.

I've read all of Gabby's books and I have to say that this one is my favorite by far. There are so many life-changing tools and juicy nuggets of wisdom. Loved every minute of it!

I am definitely going to purchase the rest of her books. I am forever changed by Gabi, as she has opened my eyes to a whole new outlook on life . I am grateful that i came across this book!!!Light and love! Namaste

[Download to continue reading...](#)

The Universe Has Your Back: Transform Fear into Faith The Universe Has Your Back: Transform Fear to Faith Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) DARK ENERGY: The Biggest Mystery In The Universe (dark matter, how the universe works, holographic universe, quantum physics) (black holes, parallel universe, the string theory) How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying! The Universe Has Your Back: A 52-card Deck Spartan Fit!: 30 Days. Transform Your Mind. Transform Your Body. Commit to Grit. God Talks to Me about Overcoming Fears - Fear - Overcoming Fear - Children's Book about Friends - Catholic Children's Books - God's Word for Children ... Afraid - Padded Hard Back (God Talks with Me) Adult coloring book : Good Vibes relaxation and Inspiration: Worry end when faith begin : Faith and Color Combine to Banish Fear from Bible God ... and more (Adult Coloring Books) (Volume 23) Glynis Has Your Number: Discover What Life Has in Store for You Through the Power of Numerology! The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panick Attacks from Your Life Permanently Sitting at the Feet of Rabbi Jesus: How the Jewishness of Jesus Can Transform Your Faith The Art of Fear: Why Conquering Fear Won't Work and What to Do Instead Fear the Sky: The Fear Saga, Book 1 Fear the Future: The Fear Saga, Book 3 Fear the Survivors: The Fear Saga, Book 2 Fear of the Other: No Fear in Love Spark

Notes No Fear Shakespeare Othello (SparkNotes No Fear Shakespeare) Romeo and Juliet (No Fear Shakespeare Graphic Novels) (No Fear Shakespeare Illustrated)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)