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Spirit Junkie: A Radical Road To Self-Love And Miracles



Synopsis

How does a New York City publicist and party girl turn into a go-to guide for the next generation? In her new book, *Spirit Junkie: A Radical Road to Self-Love and Miracles*, Gabrielle Bernstein shares the story of how she transformed her life, offering her spiritual journey as a guidebook for overcoming fear, changing perceptions, and creating a life you're psyched to wake up for. Bernstein has traded self-doubt and addiction for a new kind of high. In 2005 she became a student of A Course in Miracles and since then she has been guided to teach those spiritual principles to the next generation of seekers.

Book Information

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Customer Reviews

Quick Intro: From my perspective as the reader, the author's main intention is to: 1). Share more about her life with her readers. I get the sense that after the release of her 'how to' first book, people wanted more insight into who she is and what events lead up to where she is now. 2). Share the teachings from "A Course in Miracles (ACM)" (there will be more on this later) and 3). Help her readers to identify where they are blocked in their lives, how to meditate on these blocks, and how they can reconnect with both their inner spirit and tap into the guiding force of the Universe. **Where I connected with the book:** I've read many books on topics similar to "Spirit Junkie". Like Gabby, my mom is incredibly oriented towards a spiritual life. It was a common conversation while I grew up and because of it and my own personal interest, I've read tons of books about topics related to spirituality, self-growth, and meditation. I appreciate that Gabby has advanced from working on her

own self-growth as an individual to wanting to share this message to as many people as possible. She writes quite a bit about her past and her false lack of authenticity. I appreciate that she identifies the Ego early on in the book and bravely shares with her readers when she was living from a place of fear and ego versus a space of love, compassion, and authenticity. She has some wonderful moments throughout her book when the reader is able to connect with her message, her life, and even refer to her website where she has guided meditations that weave into the meditations written in her book. Its an easy book to read, filled with a fun `easy breezy` carefree vibe written in a style that connects with a young `in-the-know` audience.

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