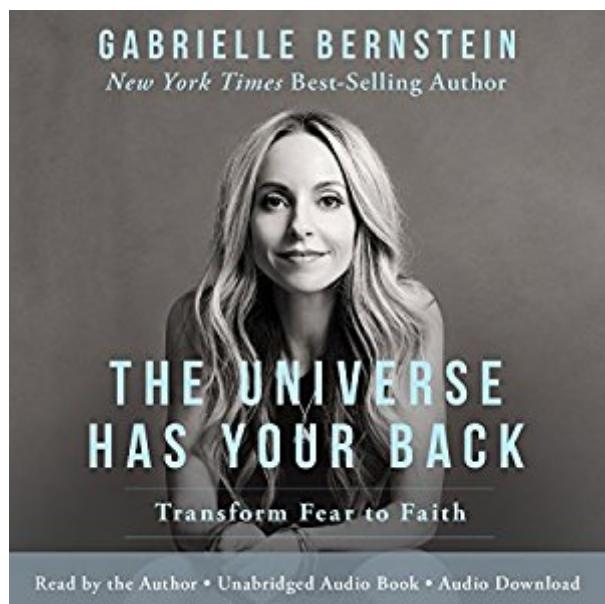


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# The Universe Has Your Back: Transform Fear Into Faith



## **Synopsis**

In her latest book, *The Universe Has Your Back*, New York Times best-selling author Gabrielle Bernstein teaches listeners how to transform their fear into faith in order to live a divinely guided life. Each story and lesson in the book guides listeners to release the blocks to what they most long for: happiness, security, and clear direction. The lessons help listeners relinquish the need to control so they can relax into a sense of certainty and freedom. Listeners will learn to stop chasing life and truly live. Making the shift from fear to faith will give listeners 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 listeners follow this path, they'll begin to feel a swell of energy move through them. They will find strength when they are down, synchronicity and support when they're 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**

Audible Audio Edition

Listening Length: 4 hours and 31 minutes

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## **Customer Reviews**

\*\*\*\*\*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 often need reminders and thus enjoy books like this. It helped me to open up and be more willing to receive from God (my Higher Power, versus "the Universe"), something I am currently struggling with. It helped me to be more willing to surrender to God. A quote: "Limitless guidance is available to you when you surrender to receive it." As you can see, this can be applied to many types of spiritualities and it is a good reminder. It is youthful and fresh, which is a positive and a negative to me. Sometimes it could be a bit simplistic and naive. On the other hand it was filled with youthful and energetic enthusiasm. I am certain that this is simply reflecting the author's personality. The book includes many exercises and meditations, some journaling, and many simple prayers. It also includes several rituals...it reminds me of the truth that often when we reject rituals handed down to us by traditional religions we then go on to create our own, absent some of the wisdom of those who came before us. Still, the rituals could be helpful to those who are seekers, those who have rejected traditional faiths, and who want to ground themselves in love in some way that speaks to them. Despite a few things that I could not apply, I still think this is a five star book. It is one that seekers and millennials especially will find much in to appreciate. As an example of how I applied this book to my own religion, I'll share this: When I was a young Christian, I was appalled at the lack of love and peace I found in my church. I wondered, since according to the Bible, when Jesus left the earth His parting gift to us was "His peace", why I didn't feel much peace as a Christian. Instead I found myself reflecting judgement and even hatred around me. I didn't like what I was becoming. I ended up leaving Christianity for many years. I was involved in other spiritualities, including ACIM. In these New Age spiritualities I found so much peace. It was eye-opening to me. Years later I returned to Christianity and encountered Jesus and His peace in a new way. I do think that my time wandering and seeking helped me to do this. Eventually I found the fullness of His

peace as a Roman Catholic. This book nudged me to remember love, peace, and openness, non-judgement, and many other values that are key to my faith. It also addressed living in a fear-based world, especially with all of the turmoil in our country at this time. I loved the reminders and I enjoyed forming my own fresh perspective on the struggles of our nation, all prompted by thoughtful reading of this book. Again, thus the five stars! I received an advance copy of this book in exchange for an honest review. I hope that my review was helpful to you in making a buying a decision. I appreciate the author for the earnest and transparent work she has done with it and think it's a keeper. Highly recommended.\*\*\*\*\*

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 Berbstein 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 lets 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

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