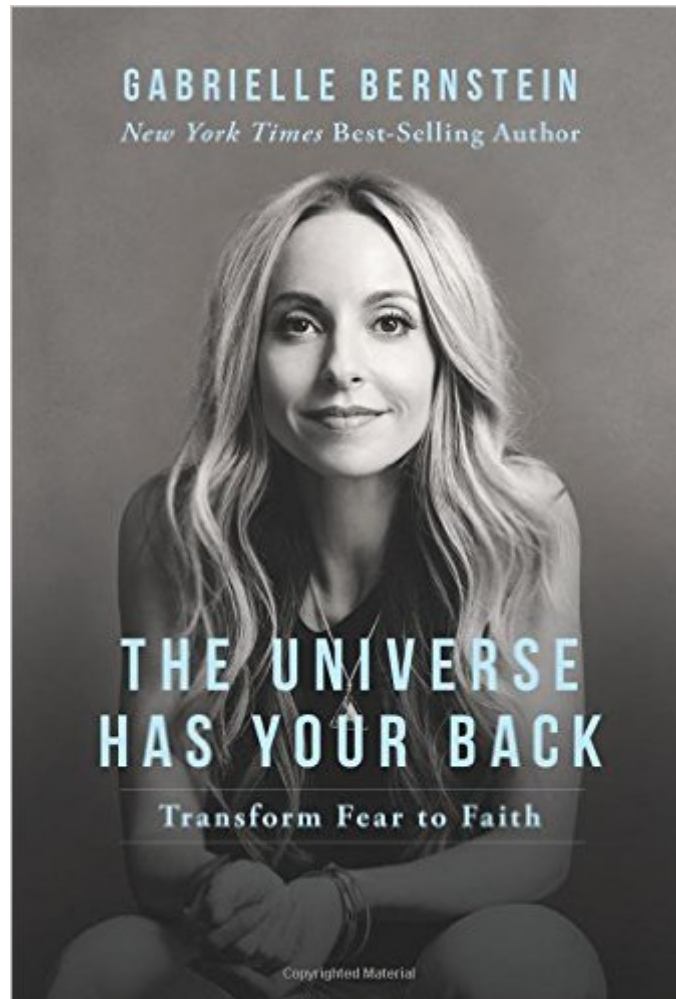


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# The Universe Has Your Back: Transform Fear To Faith



## Synopsis

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'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

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

Best Sellers Rank: #741 in Books (See Top 100 in Books) #20 in Books > Health, Fitness & Dieting > Mental Health > Happiness #63 in Books > Self-Help > Success #71 in Books > Self-Help > Personal Transformation

## 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.

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