



Miracles Now: 108 Life-Changing Tools for Less Stress, More Flow, and Finding Your True Purpose

Gabrielle Bernstein

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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 book is designed so that you can achieve peace and experience *miracles now*.

Inspired by some of the greatest spiritual teachings, these practical, moment-to-moment tools will 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.

Throughout the book, I share principles from both *A Course in Miracles* and Kundalini yoga and meditation. These tools can help you find your connection to your inner strength. When you practice these techniques, fear will melt away, inspiration will spring up, and a sense of peace will set in.

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