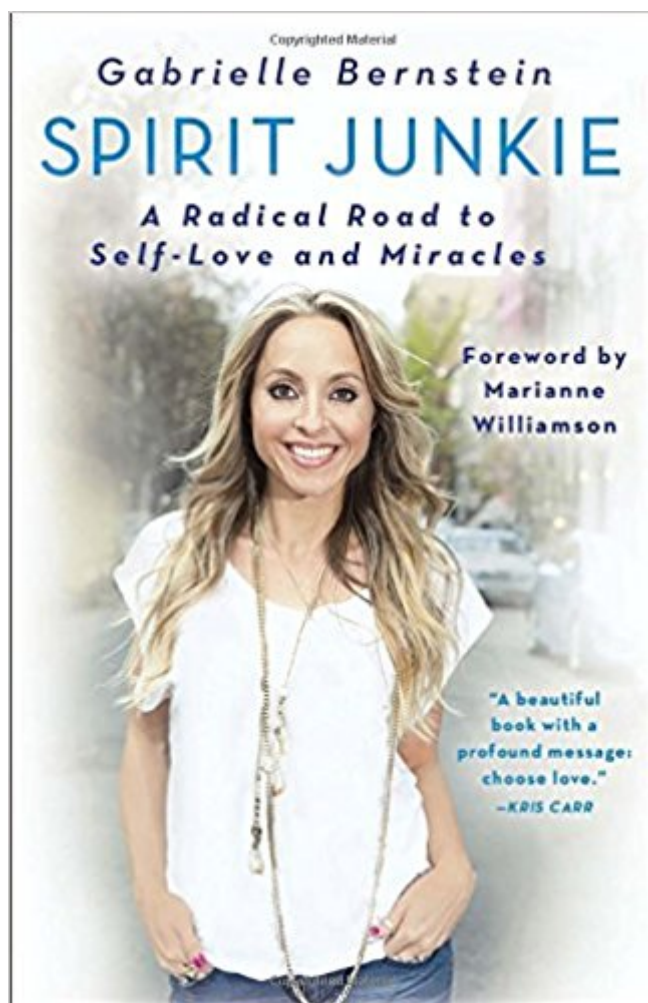


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# Spirit Junkie: A Radical Road To Self-Love And Miracles



## 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. From the Hardcover edition.

## Book Information

Paperback: 288 pages

Publisher: Harmony; Reprint edition (September 18, 2012)

Language: English

ISBN-10: 0307887421

ISBN-13: 978-0307887429

Product Dimensions: 5.2 x 0.6 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 299 customer reviews

Best Sellers Rank: #13,577 in Books (See Top 100 in Books) #65 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #204 in Books > Biographies & Memoirs > Specific Groups > Women #433 in Books > Self-Help > Personal Transformation

## Customer Reviews

Guest Reviewer: Kris Carr on *Spirit Junkie* by Gabrielle Bernstein Kris Carr is a New York Times best-selling author, motivational speaker and wellness coach. She is the subject of the inspirational documentary, *Crazy Sexy Cancer*, which she wrote and directed for TLC, and the author of the groundbreaking *Crazy Sexy Cancer* book series. Kris's third book, *Crazy Sexy Diet* is the ultimate diet and lifestyle game plan for wellness warriors seeking peak health, spiritual wealth and happiness. Her motto: Make juice not war! I couldn't put *Spirit Junkie* down. It's a beautiful book with a profound message: choose love. But let me be clear. *Spirit Junkie* isn't your garden-variety new age tome. It's hip, fresh, edgy, and raw--just like Gabrielle Bernstein. Through personal memoir and modern interpretations of *A Course in Miracles*, Gabrielle shows us that an intoxicatingly happy and baggage-free life is possible if we're willing to break our fear-based habits. Simply put, Gabby is a force, a trailblazer, a

powerful spiritual leader for the next generation. She inspires her readers to rise up and walk the talk along with her. No matter where you are on your personal journey, this book is a terrific addition to your soul toolkit. Let Spirit Junkie be one of your manuals for a better life and then share the information with everyone you know. I will hold many of its wisdom pearls close to my heart. --This text refers to an out of print or unavailable edition of this title.

"So long, Carrie Bradshaw--there's a new role model for go-getting thirty-somethings. Gabrielle Bernstein is doling out inner peace and self-love for the postmodern spiritual set." *Elle Magazine* "Gabrielle is one of my most treasured soul sisters and a true Spirit Junkie, in the most fun and exhilarating ways imaginable! I read Gabby's books for spiritual life lessons on how to love myself and others more deeply and with authentic honesty. Open your hearts to this beautiful goddess-diva and, most important, discover the one that lives inside you!" *Eliza Dushku* "A decade ago, young women like Ms. Bernstein might have been expected to chase the lifestyle of high heels and pink drinks. But now there is a new role model for New York's former Carrie Bradshaws. Well versed in self-help and New Age spirituality, Ms. Bernstein is one of a circle of such figures, influenced less by the oeuvre of Candace Bushnell than that of Marianne Williamson." *The New York Times* "For those ready to give up their addiction to suffering or who simply need to release the general malaise of a too-busy, too shallow way of life, Spirit Junkie is a soothing balm for the soul. Gabrielle Bernstein is a brilliant shining guide for all who seek to have more love, more light and more miracles in their life." *Arielle Ford*, author of *The Soulmate Secret* "In this mixture of humor, grief and how-to instructions on achieving enlightenment, Bernstein offers more than just autobiography or a user's guide to meditation . . . A groovy blend of meditative and instructive writing." *Kirkus* From the Hardcover edition.

Very repetitive. We get the message but the writing is so poor that it truly takes away from it; keeps talking about the same thing in different ways and it looks like they're just struggling trying to fill in the pages.

Although author seemed very honest, it still lacked depth. Pretty disappointing.

According to Gabrielle Bernstein, author of "Spirit Junkie", we live our lives either full of love or full of

fear. Most of us fall into the latter category even though we were born into the former. To avoid getting bogged down by semantics, she calls her inner guide, or Internal Teacher, "~ing," which can also mean God, Holy Spirit, the Universe, or whatever you want to call it, but it means love. The opposite of "~ing" is the ego (not the Freudian ego) which controls us with fear. The ego forces us to feel separate from everyone and everything and can have us believing we are better than others while at the same time having us believe that we are less-than or not good enough. We can only know true happiness and peace when we stop comparing ourselves to and competing with others. Bernstein says that each time we gossip, feel jealous, or think nasty thoughts of others, we deepen our faith in fear. "If you choose to see a person's darkness, you strengthen your darkness within. If you choose to see their light, you shine from the inside out." Her solution to our problem of separateness is nothing new: pray, meditate, and write. She even offers her own version of AA's promises: "...you'll know a new way of being and a life beyond your wildest dreams. Fear will lift; anxiety, resentment, and attachment will slip away. You'll feel a presence greater than yourself leading you on a path toward true serenity and peace. You'll know that all your obstacles are opportunities, and you'll learn to lean on a power greater than yourself. Most important, you'll no longer feel the need to figure life out. You'll just be." When you discover that success and status, the perfect romantic partner, or a hefty bank account won't make you happy, you can learn from "Spirit Junkie" that you already have everything you need to be content and at peace, and it's not outside of you. It's already in you. All you have to do is look.

David Allan Reeves  
Author of "Running Away From Me"

This book is hard to review. I will practice love and generosity and give 3 stars. After reading it, I looked up some information on A Course in Miracles (ACM) , which has been around for 50 years. Who knew? Although ACM seems to be highly regarded, it is very lengthy, and even proponents admit it can be convoluted and difficult to understand. Hence the number of books on the market that attempt to provide a more accessible version. On the positive side, 3 stars because the advice about giving up fear, ego and anger, and practicing love and forgiveness is transformative when practiced over time. Thankfully, Ms Bernstein first gave up drugs and alcohol, or there wouldn't have been much point. We have all heard about people in downward behavioral spirals. First bulimia, then cutting, then alcohol, then cocaine, then heroin, then homelessness. Not as often do we read about the upward spiral. Where people get their act together. It sounds like the first important step was Recovery meetings and then she just kept going. She got sober, started practicing some spiritual principles, and the Next Right Thing started to become obvious. Whatever we diligently seek, we

shall surely find. As expected, I couldn't relate very well to the author due to the "young and privileged NYC scene" vibe. Still, I had hoped there would be more meat and bones about the upward spiral. How long does all this take? Apparently it is a gradual thing and never "finished", but a few more specific pointers would be helpful. For example, we are told that she experiences many of her transcendent moments in nature and during exercise. Not surprising. On the negative side, she went from promoting the party lifestyle, which I did not even realize was a way to make a living, to promoting herself as a spiritual guru. Who was bankrolling her (well-off parents it seems) and would any of it be interesting if she were plain, a little overweight and living in East Podunk? ACM, from what I have read, is basically repackaged Christianity, with God and Christ replaced by the "Universe". The original author claimed to have received inspiration from Christ Himself.

I like to read but don't really have time... I read a lot of the other posts after I had already brought the book... the others that have commented on this book seemed to have a more in depth understanding of what she was talking about or were avid readers already... I really enjoyed this book and being a newbie to self help books I really enjoyed the message of the book... it helped me have a deeper understanding on how to change my critical thinking.

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