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## Judgement Detox: Release the Beliefs That Hold You Back from Living a Better Life

By Gabrielle Bernstein

Hay House UK Ltd, United Kingdom, 2018. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. Judgement - both being judged and judging others - is at the core of our discomfort and the root of many of our life blocks. When we judge others, we get a quick hit of self-righteousness. Judgement can get us through when we feel hurt, insecure or vulnerable. But inevitably this feeling of righteousness fades and judgement causes our energy to weaken and our thoughts to darken. Spiritual thought leader Gabrielle Bernstein made the commitment to heal her own relationship to judgement and changed her life in profound ways. She found that becoming more aware of her judgements made her a more mindful and conscious person. Her willingness to revise these perceptions has set her free. Here Gabrielle shares the process she used to liberate herself - a six-step interactive programme that calls on spiritual principles from A Course in Miracles, Kundalini Yoga, meditation and other metaphysical and healing teachings. When you follow the process and become willing to let go, judgement, pain and suffering will begin to dissolve.



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