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# DEAR GABBY

## PODCAST

BECOME THE HAPPIEST PERSON YOU KNOW



**DEAR GABBY**

**LATEST PODCAST** | March 13, 2023  
#124 | The Quick Shift That Will Unlock Your Greatest Manifestations



URL: <https://gabbybernstein.com/podcast/>

Date Assessed: March 14, 2023

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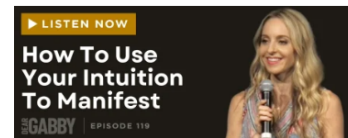
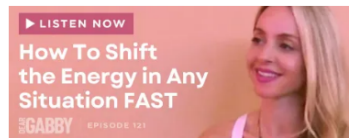


**LATEST PODCAST | March 13, 2023**  
#124 | The Quick Shift That Will Unlock Your Greatest Manifestations

Do you want to become the happiest person you know? You've come to the right place! I'm Gabby Bernstein —#1 New York Times bestselling author of eight books, international speaker, podcast host, and Spirit Junkie. I've been on a spiritual path most of my life and my mission is to help you crack open to a spiritual relationship of your own so you can live in alignment with your true purpose, too! Here, you'll find ways to help you, no matter where you are on your spiritual path...starting with my podcast, Dear Gabby!

Dear Gabby is a weekly show where I offer up real-time coaching, straight talk and BIG LOVE. Episodes include unscripted Q&A sessions where I coach listeners through life-changing transformations, plus free-flowing conversations about personal growth and spirituality with unique and inspiring guests.

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## GET 2 FREE MANIFESTING MEDITATIONS

Sign up to start attracting  
miracles today! 🙌

**START MANIFESTING**

When you submit your name and email you are opting-in for our weekly email newsletter and relevant upcoming updates from Dear Gabby, Inc. You can unsubscribe any time.



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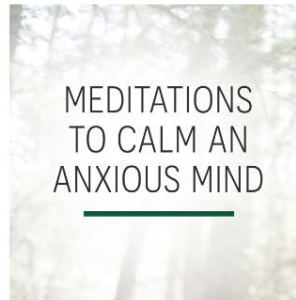


### Super Attractor Meditation Album

This 10-track meditation album contains powerful guided practices that will help you connect to your Super Attractor power and co-create the life you want. Meditation track list: Morning Mantras; Affirmation; Lifting the Veil; Invoking Your Guardian Angel; Spiritual Guidance; Vision Making; Appreciation; Super Attractor Affirmations; Unwavering Faith in the Universe and Cord Cutting. \$11.11

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### MEDITATIONS TO CALM AN ANXIOUS MIND

### Meditations To Calm An Anxious Mind

This 10-track album will help you let go of anxiety and stress so you can feel calm and grounded. You'll release anxiety, strengthen your spiritual connection and feel uplifted. Meditation track list: Riding The Waves of Emotion; Reconnect to Your Breath; Feel Truly Supported; Appreciation; Unwavering Faith In The Universe; Turn Over Your Obstacles; Honoring Yourself; Spark of Light; Body Scan Meditation and Positive Energy Meditation. \$11.11

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### may cause miracles MEDITATION ALBUM

### May Cause Miracles Meditation Album

This 13-track meditation album is designed for you to experience subtle shifts for radical change and unlimited happiness. Track List: Witness Your Fear; Willing to See Love; Inner Guidance; Self-Gratitude; Self-Forgiveness; Body Love; Spark of Light; Oneness; Holy Instant; Receiving Abundance; Loving Kindness; Service Meditation and Celebration Meditation. \$14.97

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### Miracles Now Meditation Videos

In this 11-track video album I break down the meditations in my book *Miracles Now* so you can do each one with confidence — even if you're totally new to yogic meditation. Track list: Be The Lighthouse; Bust Through Blocks; Memory; Heal Addiction; Prevent Freaking Out; Release Childhood Anger; Release Irrationality; Mala Meditation; Resolve Inner Conflict; Backpack Meditation and Boost Your Immune System. \$18.00

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### MediDating: Meditations For Fearless Romance

In this 10-track guided meditation album, I'll help you release romantic illusions, overcome fears and insecurities, activate your attracting power, and manifest love into your life. Meditation track list: Fearless and Free; Releasing Romantic Illusions; Letting Go; Keep Your Cool; Releasing Idols; Pre-Date; Visualization; Manifesting Love; Image Making and In the Meantime. \$14.97

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### Inner Guidance Meditation Album

This 13-track album includes visualization meditations, mantras, affirmations and daily practices that will amplify your life! Meditation track list: Feeling; Forgiving; Balancing; Listening; Releasing; Climbing; Stretching beyond Your Limiting Beliefs; Vision; Focusing; White Light; Morning; Evening and Seeing the World in Light. \$11.11

**BUY NOW**

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Please note all albums are delivered digitally and are non-refundable. Gift cards are valid for one year from date of purchase.



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## GABBY



### Blog

POSTS TO HELP YOU DEEPEN YOUR SPIRITUAL CONNECTION AND MANIFEST YOUR DESIRES!



### Mental Health Resources

COMPREHENSIVE LIST OF SAFETY, RECOVERY AND MENTAL HEALTH RESOURCES



### Anxiety Relief Workshop

GET MY PROVEN TOOLS FOR RELEASING ANXIETY AND FEELING CALM



### Free Guide For Spiritual Entrepreneurs



### Super Attractor Audio Introduction



### Judgment Detox Audio Introduction



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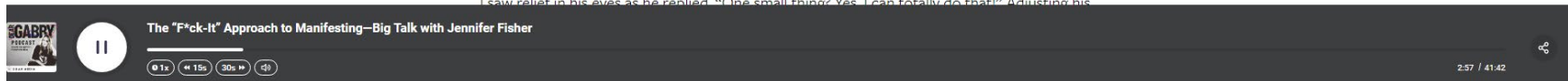


A close friend recently told me he's desperate to make a change in his career, but he's terrified to take the leap.

He's in his 40s and a super successful lawyer. He's got a big job (and an even bigger paycheck). I get why he's hesitant to take such a big-seeming risk.

So I asked him a question that got him thinking: "Can you do just one small thing every day to get you closer to your dream?"

I saw relief in his eyes as he replied, "One small thing? Yes. I can totally do that!" Adjusting his



URL: <https://gabbybernstein.com/podcast/the-fck-it-approach-to-manifesting/>

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## Online Courses

Dive deeper into your practice with one of my online courses! You can find courses on relationships, business, meditation, your relationship to food and your body, and more. Whether you're totally new to spirituality or have been practicing for years, you can join me wherever you are. These courses are all created from live events, so you'll experience that awesome energy of the group in the comfort of your own home.



Manifesting Challenge



Miracle Membership



Spirit Junkie Masterclass



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## Manifesting Challenge

My manifesting challenge starts on January 1st! Let me guide you into the New Year with my personal manifesting methods and make this your best year yet! I'll show you step-by-step how I make resolutions stick with daily lessons, companion exercises, and an exclusive community guaranteed to support you as you tap into your manifesting power. Sign up now to receive bonus prep lessons for effortless manifesting and become a magnet for everything you want! I'll see you inside the Challenge!

[BUY NOW](#)



## Miracle Membership

The Miracle Membership is like Netflix for spirituality! When you subscribe, you get new inspirational content plus the entire archives. Each month I share content like my podcast, meditations, videos and more. I give you weekly email guidance and lead a quarterly live training. And in our private community you'll meet spiritual running buddies, find support and feel uplifted. The Miracle Membership is where you go to feel spiritually connected every day.

[BUY NOW](#)



## Spirit Junkie Masterclass

Do you have an important message to share — a vision that you talk about, meditate on and hope to manifest? This kind of calling can't be ignored ... but you might be afraid to take action or have no idea where to start. If you're ready to rise up, face that fear and transform it into fearless action, I will give you the inspiration and practical tools you need to turn your passion into your paycheck. The Masterclass will set you up to finally charge for your great work, create abundance in every area of your life and share your empowering message with the world. Inspire others by doing what inspires you!

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## You Are The Guru

Exclusively available on Audible! Six messages to help you move through difficult times with certainty and faith. Free with an Audible Plus 30-day free trial (offer varies by country).

[BUY](#) ↗

## Super Attractor

In *Super Attractor*, I lay out essential methods for manifesting a life beyond your wildest dreams. This book is a manifesto for confidently claiming your desires. Discover how to do less and attract more!

[BUY](#) ↗

URL: <https://gabbybernstein.com/shop/books/>

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## Upcoming Events

SATURDAY, APRIL 29 – TUESDAY, MAY 2

### Australia Tour: Manifest a Life Beyond Your Wildest Dreams

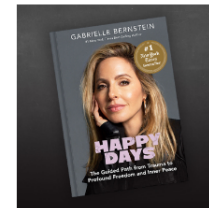
I'm coming to Australia! Join me for a special one-day or evening workshop in Sydney, Melbourne, or Brisbane. In this interactive experience, you can expect powerful lessons on how to effortlessly manifest, unscripted real-time coaching, guided meditations, and BIG LOVE. Get your ticket now and get ready to manifest a life beyond your wildest dreams. ...

VIEW DETAILS

FRIDAY, MAY 19 – SUNDAY, MAY 21

### The I Can Do It Conference 2023

I'll be speaking at Hay House's I Can Do It Conference in Tampa on Saturday May 20, 2023. You can buy a day ticket, or attend for the full weekend. My keynote talk is on moving from



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Heal trauma, unlearn fear and remember love.

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REGISTER

I'm coming to Australia!

Join me for a special one-day or evening workshop in Sydney, Melbourne, or Brisbane. In this interactive experience, you can expect powerful lessons on how to effortlessly manifest, unscripted real-time coaching, guided meditations, and BIG LOVE.

Get your ticket now and get ready to manifest a life beyond your wildest dreams.

Tour Dates/City:

- April 29, 2023 — Melbourne, VIC
- April 30, 2023 — Sydney, NSW
- May 2, 2023 — Brisbane, QLD

DATE & TIME

Saturday, April 29 – Tuesday, May 2

**GABBY BERNSTEIN**  
**LIVE IN AUSTRALIA**  
**MANIFEST A LIFE BEYOND**  
**YOUR WILDEST DREAMS**

APRIL 29, 2023 MELBOURNE  
APRIL 30, 2023 SYDNEY  
MAY 2, 2023 BRISBANE



URL: <https://gabbybernstein.com/events/australia-tour-manifest-a-life-beyond-your-wildest-dreams/>

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