

GABRIELLE BERNSTEIN

#1 New York Times Best-Selling Author

A portrait of Gabrielle Bernstein, a woman with long, wavy blonde hair, wearing a black top. She is resting her chin on her hand and looking directly at the camera with a slight smile.

# HAPPY DAYS

The Guided Path from Trauma to  
Profound Freedom and Inner Peace

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Downloaden of Online Lezen Happy Days Gabrielle Bernstein Gratis Boek (PDF ePub Mp3), **If you were free from fear, who would you have the freedom to be? #1 New York Times best-selling author Gabrielle Bernstein charts a path to heal trauma, unlearn fear, and remember love.**

What if you could wake up every day without anxiety? View your past with purpose, not regret? Live happy, peaceful, and free from fear? You *can*—and Gabrielle Bernstein will show you the way.

Gabby has long been loved by her readers as a spiritual teacher, motivational speaker, and catalyst for profound inner change. Her new book presents her most powerful teaching yet: a plan for transforming the pain of your past, whatever that may be, into newfound strength and freedom.

You'll learn:

- Why most people feel stuck in patterns that make them unhappy—and what to do about it

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