

Debra Silverman holds a bachelor's degree in psychology and dance from York University and a master's in clinical psychology from Antioch University. At the age of twenty, she met an astrologer who changed her world forever. Debra is known for her honest and direct style, plus her fun, nontraditional way of communicating. Her goal is to connect with you on a deep level to heal while making you laugh, so you can fully accept who you are.

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Dont Believe in Astrology JKTmech.indd

## PRAISE FOR I Don't Believe in Astrology

"A lovely piece of writing, light on its feet, landing blows when they are needed, comforting when required but never pulling punches." -Sting

"Working with Debra Silverman and diving into her elemental process has deeply shifted my perspective on life. I encourage you to set aside any disbelief you might have in astrology . . . and explore her book. I have a feeling it might open your heart and mind." -Julianne Hough, bestselling author, entertainer, and entrepreneur

"Studying astrology has enhanced my self-awareness, my self-acceptance, and acceptance of others." -India Arie

"Masterfully shows how astrology and psychology merge to produce real-time, real-life results while helping us understand ourselves and our role in the world . . . Applicable, grounded, and profoundly insightful." -Gino Wickman, creator of the Entrepreneurial Operating

"A sparkling gem . . . This is essential reading for these times!" -Colette Baron-Reid, bestselling oracle expert, author, and artist

System and author of Traction and Shine

"Debra Silverman uncovers for us the science of our inseparable relationship to the elements of nature." -Zach Bush, MD



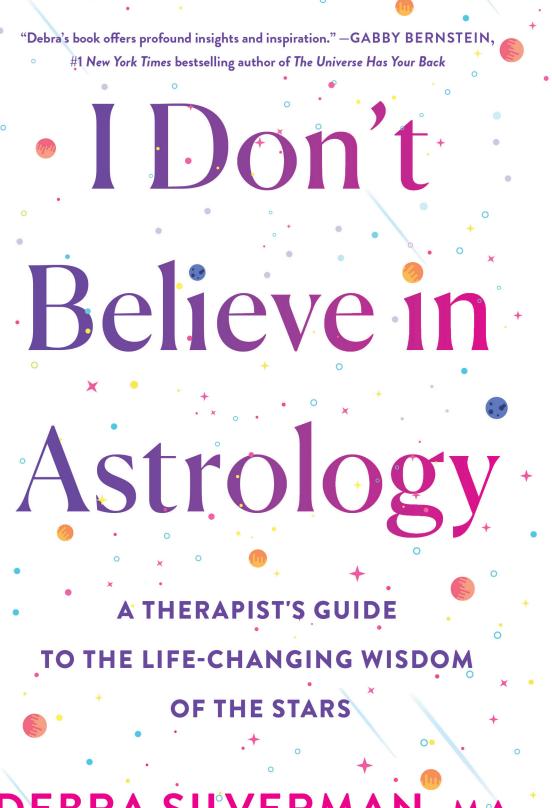
4C PROCESS / MATTE POLY + SPOT GLOSS UV

6.25 × 9.5 SPINE: 1.0625

\$30.00 / \$40.00 Can.

From renowned psychotherapist and astrologer DEBRA SILVERMAN comes an accessible guide combining the spirituality of astrology and the wisdom of psychology to create life-lasting change.

n a chaotic, confusing, and divisive world, Debra Silverman introduces astrology as the medicine for accepting our human nature its idiosyncrasies and dilemmas. Through an application of both therapy and astrology, this breakthrough guide equips readers with tools that release self-judgment, inner criticism, negativity, and misunderstanding. Learning to accept who you are and to love yourself unconditionally through the lens of astrology is at the heart of this book. Silverman teaches you how to step away from the struggle of your ego and see yourself with the calm objectivity of your soul. You will learn how to love what you see-not just your best qualities but everything about you. You will learn the meaning of the sun, moon, rising, and planetary signs. Most of all, you will cultivate compassion for others. Using Debra's method, combining the wisdom of astrology and psychology, you will remember the truth of your soul's expression, seen through the eyes of love.



DEBRA SILVERMAN, MA



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