

# GDMAs [GET] Judgment Detox: Release the Beliefs That Hold You Back from Living a Better Life

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From featured "next-generation thought leader" on Oprah Winfrey's Super Soul 100 and number one New York Times best-selling author Gabrielle Bernstein comes a clear, proactive, step-by-step program to rid yourself of the tendency to judge yourself and others and to find your way back to true healing and oneness. Judgment - both being judged and judging others - is the core of our discomfort. While it's powerful, judgment isn't complicated. It's simply the separation from oneness. The moment we see ourselves as separate, we detour into a false belief system that is out of alignment with our true nature. That separation, often a reflection of our own insecurities projected onto others, keeps us feeling alienated and alone. The Judgment Detox is an interactive process that calls on spiritual principles from the text A Course in Miracles, Kundalini yoga, meditation, EFT, and metaphysical teachings, allowing us to release the beliefs that hold us back from living a better life. Gabby has demystified these principles to make them easy to apply and commit to. The six steps include: This step-by-step process offers a path to true healing, oneness, and a deeper connection to the universe and those around us.

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