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Judgment Detox Journal: A Guided Exploration to Release the Beliefs That Hold You Back from Living a Better Life (Hardback)

By Gabrielle Bernstein

Gallery Books, 2018. Hardback. Condition: New. Language: English . Brand New Book. The transformational companion journal based on #1 New York Times bestselling author Gabrielle Bernstein's new book Judgment Detox. In Judgment Detox, Gabrielle Bernstein explains how judgment--both being judged and judging others--is at the core of our discomfort. While it's powerful, judgment isn't complicated. It's simply a 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 Journal allows you to follow the step-by-step program outlined in the book Judgment Detox and chronicle a path to releasing the beliefs holding you back from living a better life. The journal follows the 6 steps in the Judgment Detox, with guided prompts for reflection around each specific theme. You will complete exercises in acceptance and self-forgiveness; guided meditations; as well as complete a 30-day tapping practice, tracking your Emotional Freedom Technique (EFT) and reflecting on tapping through judgment. With check-in sections, you will have ample opportunity to track and celebrate...



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