

# [PDF] Add More Ing To Your Life: A Hip Guide To Happiness

**Gabrielle Bernstein - pdf download free book**

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**Books Details:**

Title: Add More Ing to Your Life: A

Author: Gabrielle Bernstein

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## **Description:**

**Review** A decade ago, young women like Ms. Bernstein might have been expected to chase the lifestyle of high-heels and pink drinks...But now there is a new role model for New York's former Carrie Bradshaws...well versed in self-help and New Age spirituality...Ms. Bernstein is one of a circle of such figures, influences less by the oeuvre of Candace Bushnell than that of Marianne Williamson.  
**--New York Times**

*By opening up this book you are choosing to see life in a whole new perspective. Gabrielle unlocks the secrets to a happier, more fulfilled you...and does so in a healthy, spiritual way. This book will transform the way you think about living. --Amy Palmer, founder, PowerwomenTV*

Since founding Sheila Kelley's S Factor in 2001, I am eternally in awe of the women I've met. Gabrielle's book is ravish~ing, world-rock~ing, ayurvedic message for your soul. It shall be added to the growing list of femme-centric must-reads to advance our female culture. --**Sheila Kelley**--This text refers to an alternate edition.

**About the Author** GABRIELLE BERNSTEIN has been labeled by the New York Times as the next-generation guru. A motivational speaker, life coach, and author, she is expanding the lexicon for the seekers of today and tomorrow. She gives talks and leads seminars throughout the country, is on the Forbes list of the 20 Best Branded Women, and has been featured in media outlets such as Oprah Radio, Marie Claire, Health, Self, CNN, NBC, CBS, FOX, and the Wall Street Journal. She can be seen riding around the East Village on a unicycle.

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