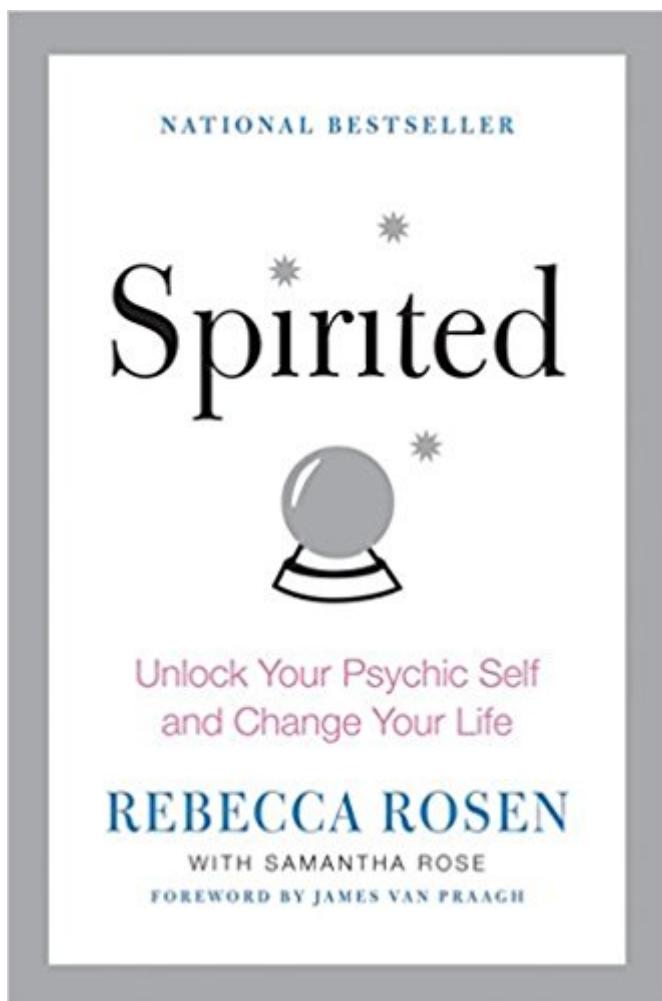


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# Spirited: Unlock Your Psychic Self And Change Your Life



## Synopsis

The Secret meets Skinny Bitch in Spirited, the fresh, hip book by popular psychic medium Rebecca Rosen. A prescriptive program that has worked for celebrity clients including Jennifer Aniston and Courtney Cox Arquette, Spirited empowers readers to heighten their intuition, connect with deceased loved ones, and surpass the psychological roadblocks holding them back. Fans of James Von Praagh and John Edwards, as well as television's *The Ghost Whisperer*, will find direct, down-to-earth advice on how to draw on the power of their intuitive gifts to connect with spirit energy—loved ones who have passed—to provide the clarity necessary to master real-life issues, including relationships, job fulfillment, finances, and body image.

## Book Information

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## Customer Reviews

Psychic medium Rosen, in this part memoir, part self-help work, helps readers to tune into their own intuitive abilities. Self-described as just a regular gal who works out in the gym, drops her kids at school, and then talks to the dead for a living, the author reveals that binge eating and depression in college led to her plea for help and consequent discovery of messages from her deceased grandmother relayed through automatic writing. In time, Rosen—who lectures, offers workshops, and has advised such Hollywood stars as Jennifer Aniston and Courtney Cox Arquette—realized that her gift enabled her to receive messages from spirits hoping to reconnect with loved ones (quite often, she asserts, their mission is to advise their family members to do what they didn't do in life or avoid mistakes the spirits made). According to the author, each

individual is born with lessons that must be learned in order to grow spiritually; those who fail to progress, she reveals, must deal with their baggage in the afterlife. Though her story in itself is fascinating, Rosen's goal is to help readers hone their psychic powers: she includes meditation exercises (a primary way of connecting with spirit energy) as well as other techniques. Rosen's conversational tone and easygoing sense of humor lend warmth and accessibility to her otherworldly journey. (Feb.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to the Audible Audio Edition edition.

“Her story in itself is fascinating [and] Rosen’s goal is to help readers hone their own psychic powers. . . . [Her] conversational tone and easygoing sense of humor lend warmth and accessibility to her otherworldly journey.” (Publishers Weekly) Rebecca Rosen talks to dead people. Really. . . . I promise that if you read this book you’ll discover that the dead aren’t really dead. . . . They are watching out for you and want to communicate with you. Rosen can teach you in simple, easy steps how to do it. (Arielle Ford, author of *The Soulmate Secret*)

Between the lines, you can feel the warmth and wisdom that Rebecca transmits in this excellent work that speaks of soul to soul. Death does not change anyone, you only change of address, and consciousness is transferred to other plan beyond physicality. You are a cosmic traveler; your body is temporary, but its essence is eternal...It seems that we are passengers in eternity, but the truth is different: we are eternal within the temporary. The experiences go, but the learnings remain...You will encounter a work practice, rich in examples, exercises and own experiences! I personally love it and highly recommend it! Namaste, Dave Zebian

This book is truly amazing!!!! I got so much information from this book that is totally invaluable. If you want to truly know how to access your intuition and have many exercises to do it with, you will love this book. I learned more in this one book than I learned in the 9 years I have been reading and studying about intuition. Rebecca truly is a wonder and has amazing information and techniques in this book. You won't be disappointed. Truly wonderful book. Inspiring and eye opening. A real page turner. I hated it when the book ended. I so wanted more. Well written and put together and tons of valuable information to help you help yourself and open you to the wonderful spiritual world all around us. Thank you Rebecca and please write more books!!

Excellent! Game changer. Easy to follow and connect with. Highly recommend.

I am about 3/4 the way through this book. It was not what I expected and I can say I was pleasantly surprised. If you do the work in the book you will be amazed at what you find out about yourself. Great book! I highly recommend it to anyone interested in connecting not only with spirit but with yourself.

Excellent. I was a skeptic, but I have seen too many "coincidences" at this point to NOT believe. Rebecca, and a few select others like her, have an amazing capability to connect with the spirit world. It's okay to be skeptical, but it is worth it to give it a shot. I would also recommend seeing a highly recommended medium near you if you are lucky enough to find one.

This was the first book I read on anything having to do with the spirit realm. As a newbie, I absolutely loved this book and found it easy to read, follow and gave wonderful advise and guidance. Definitely worth reading

This is a good book on learning about meditation. It has helped because I'm starting to practice meditation. Also, if you're interested in autobiographies, she gives you insight into her acquiring of mediumship. I personally liked reading about the author's life as it relates to the subject matter.

Familiar message about self healing with the added benefit of an explanation of the guides that reach us from another realm. Rosen's voice is friendly and remarkably down to Earth considering the topic. I would have liked to know even more about her personal journey, not just her motivation. I have recommended this book to others but one needs to be in a place of openness to guides from the afterlife so I doubt many have read it. I would like to know more.

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