



What the Dead Have Taught Me About Living Well

Rebecca Rosen

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From the bestselling author of *Spirited* and *Awaken the Spirit Within*, spiritual medium Rebecca Rosen opens up about her personal life and answers the questions that fans ask the most: How does your connection to the world beyond help you better understand and navigate *your* day-to-day, real world?

What the Dead Have Taught Me About Living Well follows Rebecca through a typical day in her life, juggling the responsibilities of family, friendships, work, health, money, and everything in between. But of course Rebecca's life is also colored with signs from the other world, with messages that spirits from the Other Side urgently want to share with their loved ones. Just like you, Rebecca can get overwhelmed at times, but she has developed strategies for coping with those feelings and refocusing when she feels herself going off-course. In this book, she shares those exercises, practices like creating a special space for tapping into higher spiritual guidance, how to get "spiritually dressed" in the morning by getting centered and protecting the energetic body, and how to cleanse negative energy from a room.

After serving as a psychic medium between the spirit world and our day-to-day world for more than two decades, what Rebecca knows for sure is that the spirit world is always trying to get our attention. They intervene in our lives every day to let us know that our real-life struggles have a rhyme, a reason, and a purpose, and that *we're not alone* to figure it all out. Our guides have our backs every step of the way, and *What the Dead Have Taught Me About Living Well* reveals how to become more in tune with their guidance.

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