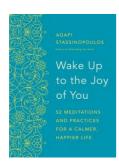
## WAKE UP TO THE JOY OF YOU: 52 MEDITATIONS AND PRACTICES FOR A CALMER, HAPPIER LIFE

This is your year of self-discovery, a journey to create a life filled with grace, meaning, zest, peace, and joy. With warmth and wisdom from a lifetime of spiritual seeking, inspirational force Agapi Stassinopoulos guides you through fifty-two weeks of letting go of what doesn t work for you and finding what does. You ll cultivate the building blocks of self-care (meditation, health, making time for yourself) and confront the common roadblocks we all face, like pouring your energy into other...



## **READ/SAVE PDF EBOOK**

## Wake Up to the Joy of You: 52 Meditations and Practices for a Calmer, Happier Life

Author	Agapi Stassinopoulos
Original Book Format	Hardcover
Number of Pages	320 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	7.81 MB

Click the button below to save or get access and read the book Wake Up to the Joy of You: 52 Meditations and Practices for a Calmer, Happier Life online.



## **Reader's Opinions**

I won Wake Up to the Joy of You: 52 Meditations and Practices for a Calmer, Happier Life from Goodreads for a honest review. I actually loved this book! It has many helpful suggestions. I'm so happy I won it and I suggest it to anyone who is looking for helpful ways of calming yourself.