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The relationships you choose to have in your life, have the ability to lift you up or tear you down if you let them. De-cluttering your relationships is a beautiful opportunity to practice self-care and compassion. Strive to surround yourself with positive and uplifting people that you enjoy being around.

### **Clean Up Your Act – How to De-Clutter Your Relationships**

Wake Up to Your Life gives us all the tools we need to "dismantle" that wall. Readers will learn to move out of the reactive patterns that create suffering and curb true freedom by using meditations and reflections that point the way to wisdom, awareness, compassion, and inner strength.

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