



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

*Agapi Stassinopoulos*

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*Wake Up to the Joy of You* is a beginner's guide to getting unstuck, walking you through a year of self-discovery to create a life filled with grace, meaning, zest, peace, and joy. Inspirational force Agapi Stassinopoulos explores a theme for every week of the year--from rejection to people-pleasing, from how to ask for help to how to find your voice--sharing personal stories, the wisdom of spiritual traditions, action steps, and guided meditations tailored to help you get past whatever's holding you back. With incredible warmth, wisdom, and a dash of humor, Agapi brings spiritual ideas down to earth, unearths the lessons from painful experiences, and lifts you up to your best life.

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