



Wake Up! You're Alive, But Are You Living?: 40 simple self-care rituals for a healthy, abundant, and purposeful life

Allison D. Andrews

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Your toolbox for total transformation! This self-care will transform your life and your relationship with yourself. Cultivate self-love, reduce stress, nourish your body, and affirm your success every single day to not only tune into your existing abundance, but to achieve the abundance that you've always dreamed of. Abundance in health, in success, in love, in joy, in peace, in life. Using the practices in this book, you will find yourself spiraling into control. Develop a daily self-care regimen to achieve your healthiest and most vibrant self; Show up for your life with presence, ease, and self-acceptance; Get more enjoyment and satisfaction from your life every single day; Identify and live your purpose.

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