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December 13th 2019: How to get through the chaos and genuinely connect.- Feels Right!

TFR's ****guest-stars****: Lila Smith founder of 'Say Things Better' and Kim Sneath 'The Clutter Coach' share with us the steps, mindsets and techniques we can use to be more connected to ourselves and those around us. Helping us get through our clutter of communicating better and freeing up our space, Lila is a communication specialist helping people around the world 'say it better' - their stories, their brand and genuinely connect with others. Kim is THE clutter coach, our guide to the process of letting go, and a awakening to feel more confident in making those decluttering decisions i

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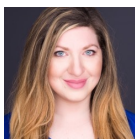
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Featured Guests



Lila Smith

Lila Smith created Say Things Better, a 5-Step method of Intentional Communication based on the best tools she learned in theater. She now travels around the world helping people embrace their most powerful voice and connect to their ideal Communication Partners.

[Read more](#)



Kim Sneath

Kim Sneath helps those who struggle with clutter, clear it and get organized, so they can save hours in their week and calm the chaos in their homes. Kim has been inspiring her clients to greater freedom from their stuff, activating positive changes with their families, careers and life styles.

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