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Feeling Great (Paperback)

By Dadi Janki, Peter Vegso

HEALTH COMMUNICATIONS, United States, 2015. Paperback. Book Condition: New. 175 x 124 mm. Language: English . Brand New Book. Why do we lose our ability to feel great? And what is feeling great anyway? Is it really possible to feel great in today's world where every day there is some new crisis or disorder? Some new upheaval or unexpected negativity? Where violence is rife? Is feeling great out of place or insensitive to the reality of many people's lives? This treasure of a book calls on decades of spiritual study and practical experience to answer these and other essential questions. You will learn what it really means to feel great and it might not be what you expect. You will discover that feeling great is not about having a good time for a few hours, or having money to spend. It's about putting your life in order and remembering who you really are. It's about practicing the four keys revealed in this book: enthusiasm, optimism, contentment, and respect then learning how to start acquiring and applying them. The authors' rich descriptions of the sticking points we encounter on our journey through life demonstrate how we can...



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Reviews

This book is worth getting. Yes, it really is enjoy, continue to an amazing and interesting literature. You can expect to like how the author publish this book.

-- Prof. Cindy Paucek I

Simply no words to spell out. It can be rally fascinating throgh studying period of time. You will not really feel monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- Dr. Isabella Turner