



Feeling Great: Creating a Life of Optimism, Enthusiasm and Contentment

Peter Vegso, Dadi Janki, Kelly Johnson

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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?

In this treasure of a book, Janki, Vegso and Johnson call on their 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. Janki and Vegso's rich descriptions of the sticking points we encounter on our journey through life demonstrate how we can recover our ability to truly feel great – not as a temporary indulgence, but as a lasting state of being.

Now is the time to start feeling great, and this uplifting book shows you how easy it can be.

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