

This book is a brilliant, inspiration-filled manuscript which highlights and concisely explains ten principles for feel-good living. They are:

Be Grateful,  
Laugh,  
Be Assertive,  
Say It Is What It Is (Or Change It),  
Nurture Someone,  
Dance It Out,  
Rekindle A Childhood Memory,  
Let Go,  
Be You,  
and Let Heaven In.

Activities to illustrate how feeling good is resisted, ignored or reduced encourages self-analysis and ownership of our duty to create good feeling for ourselves and maintain it.

A bonus chapter, Dream Big is included to ignite and motivate your dreams.

Within minutes of reading, this book inspires a general feeling of well-being. It is uplifting, motivating and engaging, made for through sentimental, humorous anecdotes and everyday human experiences.

It is a firm stepping stone to support an introduction to mindfulness, spiritual joy and awareness.



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"Sadly as much as you can, imagine your good feeling as a single light inside you when you focus on your loved ones and, as the sensation continues imagine it getting bigger and bigger. When it is your turn to speak just imagine that light shining. When you practice this, your family and loved ones will feel a difference in you and will begin to react differently to you, the good feelings you gave will be magnified and come right back to you."

## A LITTLE BOOK ABOUT A BIG SOMETHING CALLED FEELING GOOD



Elle Gabriel

#JES