



INTRODUCTION

Critics assign a special category for endearing, sentimental, courageous, comedic dramas which leave us feeling warm, magnetized and energized.

The ones we view more than once at the cinema, discuss endlessly on social media, and then store in our vault of happy experiences.

Our minds cradle, nurture and are easily engaged by them.

When we flip through the television channels, if we see a scene from a movie like Mrs. Doubtfire or Good Will Hunting, we immediately stop to watch once more.

They are referred to as the feel-good movies.

One of my favorite songs is Nina Simone's version of "I'm Feeling Good" written by Anthony Newley and Leslie Bricusse.

Every time I hear it, I stop everything I am doing to listen; it is a masterpiece, always has been, and most likely always will be identified as one of the classics.

The reason feel-good movies/songs/books score big is simple; we are attracted to them because feeling good is what we are here to do.

My response to life has become largely synonymous with laughter.

This was not always the case 😊