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This Life Is Joy: Discovering the Spiritual Laws to Live More Powerfully, Lovingly, and Happily

Roger Teel

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This Life Is Joy: Discovering the Spiritual Laws to Live More Powerfully, Lovingly, and Happily
Roger Teel
A simple, fun instruction manual for living a more joy-filled, authentic life! Readers will delight at Dr. Roger Teel's accessible writing style and wit, while learning important lessons about themselves.

This Life Is Joy is an extraordinary new book by one of the most admired spiritual teachers in the country. In this book, Dr. Roger Teel shows us how every moment, experience, and person can be an opening for our soul. Separated into three easy-to-use parts, this book will:

- Tell a fable that puts our spiritual journey into context
- Discuss the seven spiritual principles that are universal to the world's wisdom traditions
- Show how nine specific challenges and difficulties (such as fear, illness, and change) can be transformed from stumbling blocks into stepping stones

Filled with advice that can come only from a lifetime of practicing these traditions, this book will be an indispensable guide to people who want more from their lives.

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