



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

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A simple, fun instruction manual for living a more joy-filled, authentic life!

By one of the most admired spiritual teachers in the country, this book shows us how every moment, every experience, and every person can be an opening for our soul--to greater understanding, more peace and joy, and an overwhelming experience of love. Divided 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 all of the world's wisdom traditions, becoming a map into our purpose and destiny.
- Show how nine specific challenges and difficulties (like fear, illness, and change) can be transformed into stepping stones rather than stumbling blocks.

Each chapter also includes three parts: the Essence, the Experience, and the Expression. The Essence gives the spiritual teaching behind each principle, the Experience tells a story, illustrating the principles from Dr. Teel's own life or the life of one of his many followers, and the Expression gives specific instructions for readers to embody that principle for themselves. Filled with advice that can only come from a lifetime of practicing these traditions, this book will be a unique and indispensable guide to people who want more from their lives.

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