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“I have long loved and respected Dr. Roger Teel, and my admiration for him has now expanded exponentially since I have read and studied this insightful and practical guide for living a spiritually uplifting life.”

—Wayne W. Dyer, from the foreword to *This Life Is Joy*

“I encourage you to read these pages slowly, take their wisdom to heart, and then reread them to fully embody their transformative energy.”

—Michael Bernard Beckwith, from the preface to *This Life Is Joy*

“This inspiring and powerful book overflows with life-changing spiritual lessons and timeless wisdom.”
—Barbara De Angelis, PH. D., #1 *New York Times* bestselling author of *Real Moments* and *How Did I Get Here?*

THIS LIFE IS JOY

**Discovering the Spiritual Laws to Live
More Powerfully, Lovingly, and Happily**

by Dr. Roger Teel

Foreword by Wayne W. Dyer
Preface by Michael Bernard Beckwith

Have you ever felt trapped in a cycle of unhappiness, plagued by feelings of unworthiness and despair? Too often, we allow ourselves to get caught up in the pressures of work, relationships, and personal advancement and we forget the fundamental essence of a joy-filled life: **Love**.

With ***THIS LIFE IS JOY: Discovering the Spiritual Laws to Live More Powerfully, Lovingly, and Happily*** (Tarcher/Penguin hardcover; October 2, 2014), **Dr. Roger Teel**, the highly respected and beloved spiritual director of the largest New Thought church in the country (which boasts more than 10,000 members), offers practical and inspiring lessons in how to break free from unhappiness by making a few simple changes to our outlook on life.

In ***THIS LIFE IS JOY***, Dr. Teel teaches readers to approach life through love, viewing our most difficult moments as part of, rather than deviations from our path to understanding. Separated into three easy-to-use parts, this book shows us how to:

- Heal ourselves and our relationships with others.
- Find wholeness and self-love.
- Reunite with our creative purpose and potential.
- Experience the joys of generosity and forgiveness.

Each chapter includes three sections—the Essence, the Experience, and the Expression—and explores the spiritual teaching behind a principle; tells a story illustrating the principle, whether a humorous personal story from Dr. Teel’s own life or a spiritual story; and provides specific instruction and exercises to help readers apply these principles in their own lives.

By allowing, not forcing, ourselves to experience an opening of the soul, we can shake off suffering and uncertainty and find true joy in our lives. ***THIS LIFE IS JOY*** is an accessible, fun, and indispensable handbook for anyone seeking more from life, and Dr. Teel’s wit, compassion, and extensive spiritual practice make him the perfect guide to lead each of us to a life filled with joy.

ABOUT THE AUTHOR

Dr. Roger W. Teel is a speaker and a global spiritual leader. Through storytelling, humor, and practical spirituality, Dr. Teel’s transforming messages help empower people and lead them to their limitless potential to live effectively and joyously. Dr. Teel holds a degree in psychology and religion, a doctor of divinity degree, and a doctor of religious science degree. He serves as senior minister and spiritual director of Mile Hi Church, with more than 30,000 members and friends, in Colorado.

CONNECT WITH THE AUTHOR

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