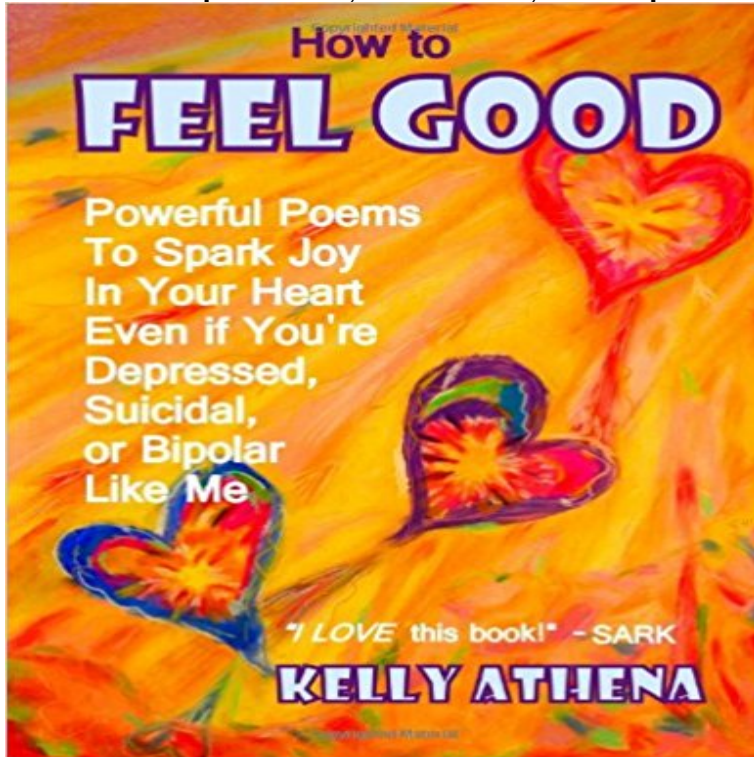


# How to Feel Good: Powerful Poems to Spark Joy in Your Heart Even if You're Depressed, Suicidal, or Bipolar Like Me



Do you want to feel good? The radical self-acceptance promoted by this book may help you reach your goal! One hundred seventy-three musings in six chapters are filled with Aha! moments that get you in touch with the highest and best inside yourself. This book includes friendship poems, love poems, tribute poems, marriage poems, and even divorce poems and funeral poems. Each poem is designed to align you with your highest good. Juicy, funny, colorful, inspiring, and healing! Here are some excerpts from each of the six chapters:

I. Celebrating Life      Jolt  
What kind of courage would it take to jolt awake, watch feelings surge and truth emerge? To let your heart cry and shake, shatter and skate right off the ledge (where it was kept way out of sight to be polite). Go past the edges of the box where everything stays so orderly, until you feel the raindrops pelt you scatter and melt you into the sea, where you could finally roll off the shelf and ride the tide of your true self

II. Creativity      Got Hate? Got hate? Go create. Burning rage? Write a page. Got complaints? Splash some paints. Feel depressed? Go express. Broken heart? Do some art!

III. Dealing with Challenges  
Shoulds The more shoulds you hold the more suffering you feel

IV. Nature      The Wisdom of a Rose Looking for a clue as to what to do next, I study a rose like a holy text. The rose has no need to be told what to do. It simply unfolds to express what is true. In perfect geometry it speaks to me. Its mathematical equation needs little translation: There is order There is hope There is love

V. Relationships      True Friends . . . You're like a bridge to a soothing place, I always smile when I see your face. Our friendship transcends most everything I see. Thank you for the joy you bring to me

VI. Law of Attraction      Clues  
In a cobweb a diamond of glistening dew,  
In a leaf a parallel universe clue, In a finger a maze of swirling curves, In a thought The

things that rule your world.

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