



Feel Good Now: 101 Ways to Get Happy Fast

Darrin Gee

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Happy or sad? Pick one.

If you chose happy, this is the book for you. Everyone experiences highs and lows in life. The highs are great--effortless, easy, fun--but why can't you have this all the time?

You can.

These 101+ simple ways to feel good now will help you turn hum-drum days around so you can get happy again, fast. When we're happy, we're in a flow. But when we're on the other end of the spectrum, everything feels hard. Sometimes all you need is a little kickstart in the opposite direction to get you headed towards where you really want to be. *Feel Good Now* will help you get there.

Self-help author Darrin Gee wrote this book as a way to help others find happiness in their lives. Little did he know he would need this two months later when he suffered a bout of extreme depression. This book helped him feel good, and can help you, too.

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