



# The Feel Good Factor: 13 Super Ways to Let Go of the Past, Be Happy & Feel Good About You All the Time

*Jackie Groove*

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Do memories of your past haunt you? Do you feel like you are unable to let go of things or events from your past? Do you find yourself missing people you aren't in contact with, and have a lot of regret associated with those memories?

I know the feeling. You feel like nothing will ever be the same. Things have changed, and not for the better. At least that's what it feels like.

There's a better way to think about this. Life doesn't have to end here. You can look at those events from your past in a way that will catapult you into building a better life tomorrow. You are still alive and you have many decisions to make in your future. What you decide today can make your life an amazing one tomorrow. I've been there, and I want to show you how to turn things around.

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