

For English Classes

A ROADMAP TO HAPPINESS AND JOY,
DISCOVER THE 5 STAGES TO A GRATITUDE PRACTICE

The **MECHANICS** *of* **GRATITUDE**

Best Seller

CHAPTER – CAMPAIGN

CHRIS PALMORE

*“When you call out the things that you’re grateful for,
it sends this surge of energy through everybody.”*

-MEL ROBBINS

Chapter 3: Campaign

Hear this section read [CLICK HERE](#)

I asked someone to share gratitude for another, and it sparked love and allowed gratitude to flow and multiply. The magic in this can be sensed only with complete presence and awareness. This brought me into the moment and gave me the opportunity to appreciate my life. This magic has a power that can turn famine into feast and darkness into light. It makes this moment enough.

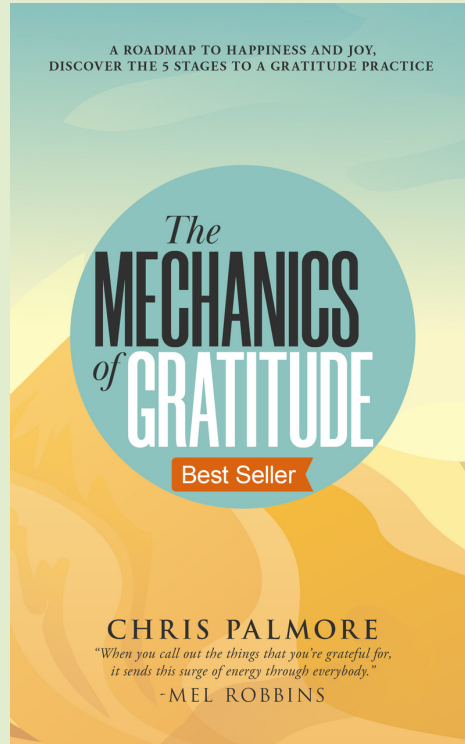
Ever since my mom's passing, I wanted others to feel the love I had felt by expressing my gratitude to her on my birthday. Maybe simply asking others to share their gratitude, birthday or not, was the answer? I still had to work on the logistics. I set up a website and looked for new ways to encourage people to write letters.

Palmore, Chris. *The Mechanics of Gratitude* (p. 17). Kindle Edition.

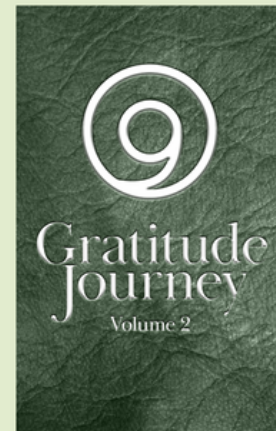
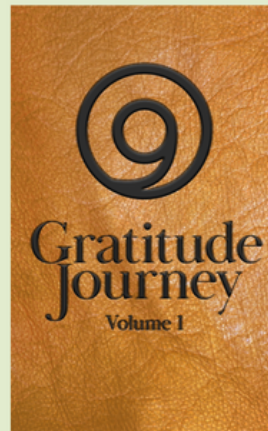
Hear this section read [CLICK HERE](#)

The Mechanics of Gratitude

By Chris Palmore



Available in Spanish, English, & Hindi Languages



Found Exclusively on

Amazon.com



CFA

Aprende Inglés y Construye Futuro