

For English Classes

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

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

Best Seller

CHRIS PALMORE

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

-MEL ROBBINS

Chapter 1: Dear Mom Part 1 of 2

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December 30th, 2013 – My 35th Birthday

Dear Mom,

I turned 35 today and this question has been floating around in my head the last few days: I'm all for celebrating with others, don't get me wrong, but could there be a better way to celebrate my birthday?

If I'm being totally honest with you, I didn't really do anything on December 30th, 35 years ago. I truly have no memory of it.

Now if you ask my mom, I'm sure she could tell you and convey a strong emotion with the events leading up to and including my birth. Is this day mine, really, to celebrate? Is living out another 365 days worth celebrating?

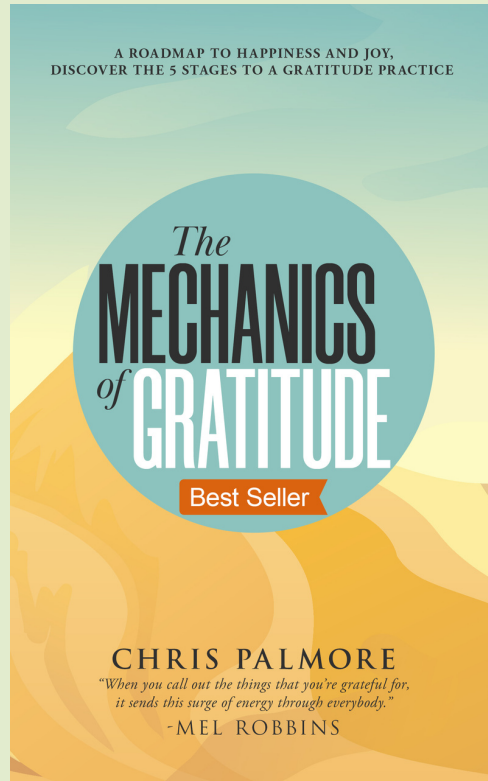
I'm not suggesting not celebrating the day of your birth, I'm suggesting that you celebrate your mom on your birthday. There are many reasons for this train of thought. Here are two: first, we have no memory or any true action on our part surrounding the event; second, as much as we enjoy receiving gratitude, giving true gratitude is a much healthier and fulfilling action.

Palmore, Chris. *The Mechanics of Gratitude* (p. 10-11). Kindle Edition.

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The Mechanics of Gratitude

By Chris Palmore



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