

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 2 of 2

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I have no problem admitting that I'm selfish. I believe that there are selfish acts that a person can perform that are truly wonderful. When thanking someone, the giver is the one that benefits. I'd like to repeat that.

When being kind to another, the giver is the one that truly benefits. You can't feel what the other person is feeling. What you feel is the vibe you get from how you make them feel.

Now I know that I'm not the first person to think of this. I just wanted to tell my mom that I love her, that I appreciate the pain, suffering, and self-sacrifice she has endured on my behalf not only on the day of my birth but also for the years that followed, that I am fully aware that I wasn't always the easiest person to love, but she always made me feel loved. I just wanted to tell her all this on my birthday.

Mom, I pledge this coming year to tell you that I love you more often, and I will find more ways to let you know how special you are to me and make you prouder.

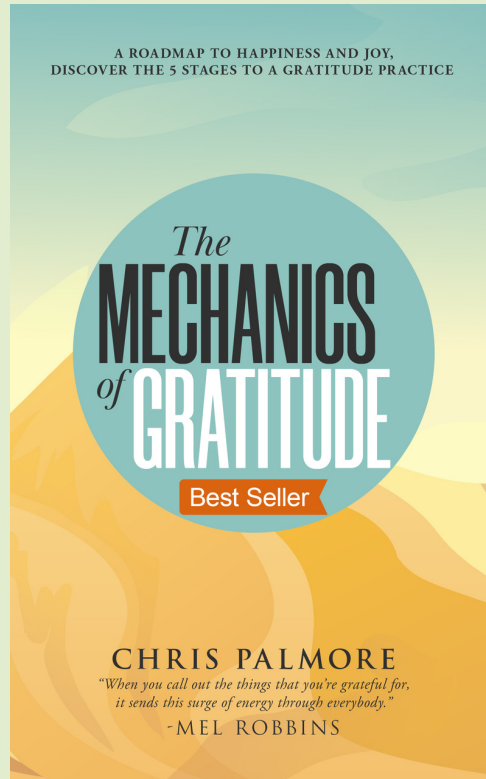
Love always,
Chris

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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