

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 2: Monastery

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 gratitudespace.com 

CFA

Aprende Inglés y Construye Futuro

I needed to get away from everything for a while and concentrate on my life, my new life with a giant hole in it. I looked for cabins in remote areas, but every place I found cost too much. Thankfully, a friend mentioned a monastery located in Kentucky. A quick search online revealed the Abbey of Gethsemani in Bardstown. Only an hour away, this hundred-year-old place hosted individuals in exchange for a donation. I contacted a monk to get more information: When could I go and how long could I stay?

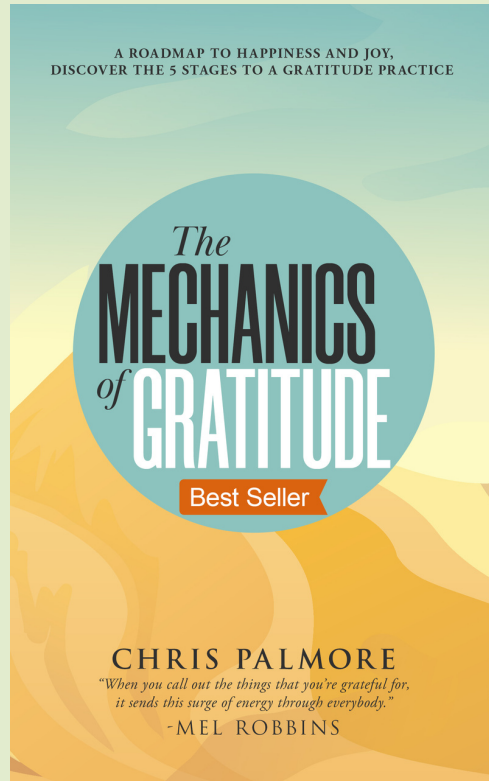
Excited about a weekend adventure into solitude in a holy place, I woke up early on the day I was set to travel and drove there despite the blizzard – very unusual for Kentucky. When I arrived, I felt overwhelmed: Everything was quiet all around, a vast expanse all draped in white snow and no one to be found. I made my way inside the building and rang a little bell. A kindly monk appeared, explained the rules, and showed me to my room – a spacious room with bare brick walls and a private bathroom.

Palmore, Chris. The Mechanics of Gratitude (p. 13). Kindle Edition.

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The Mechanics of Gratitude

By Chris Palmore



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