



Happy Birthday to Me: 365 Birthdays a Year

Dora Carpenter

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Why do birthdays bring about such emotions of joy, happiness, and celebration? The word “birthday” is defined as the anniversary of the day on which a person was born, typically treated as an occasion for celebration and the giving of gifts; or, a day marking or commemorating the origin, founding, or beginning of something. To some, the anticipation of this milestone brings about feelings of sadness and disappointment for not reaching desired goals, fear of the aging process, grief because loved ones aren’t here to celebrate, and anxiety for another year of not living their desired life. As the author, Dora Carpenter, celebrates her 60th birthday and vows to make this the best decade of her life, she shares a daily dose of thought to promote love and gratitude as one celebrates each day of life. While working in the death care industry, she heard countless stories of hopes and dreams being buried in the cemetery. She witnessed many cries of wishes for just one more day to say “I love you.” As a certified life coach and certified grief coach, she encourages individuals to live, love, and appreciate each day. Happiness is not an accident. You have the power to create and control your happiness. Don’t let anyone steal your joy or your dream, and please don’t bury it in the cemetery. Dora Carpenter dares you to give yourself permission to celebrate 365 birthdays a year. Open the book to any page and celebrate your birthday today!

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