

MY VIEW



Founder Wayne Fortin



SMILES

The smiles started sometime in November. That's when I started noticing that just about everyone I encountered smiled at me... my dry cleaner, pretty women, old men, store clerks, friends and even passersby. Strange.

I asked myself: *"What about me elicited these smiles all of a sudden? Had I become better looking? Did people just happen to be smiling when I walked by? Was there something funny looking about me I hadn't noticed?"* I wasn't complaining mind you. There is nothing better than encountering one smile after another to lift one's spirits. My mental health was never better.

Finally, I noticed someone smiling at me and decided to ask: *"Why are you smiling at me?"* This person shrugged and said, *"I like your T-Shirt."*

It turns out that my wife had gotten me a T shirt for my birthday with big letters on the front *"I VALUE SOCIAL DISTANCING."* Could this be the reason for all the smiles? Could it be that people were smiling at my T- Shirt and not at me?

I decided to find out. Sure enough, when I wore the birthday T-Shirt... smiles, smiles, smiles. When I wore other T- Shirts, indifference.

Mystery solved.

At first, I was disappointed to find that my T-Shirt and not my good looks and winning personality elicited the smiles. But now I couldn't be happier. I have thrown away my self-help books and cancelled the appointments with my shrink. Emotional wellness for me is now very simple... put on my special T-Shirt, go about my business and bask in the smiles... Smile Therapy.

My only regret is that it's taken me a lifetime to figure out happiness is all about Dressing for Smiles.