

111TH CONGRESS  
1ST SESSION

# H. CON. RES. 155

Supporting the goals and ideals of “Complaint Free Wednesday”.

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## IN THE HOUSE OF REPRESENTATIVES

JUNE 17, 2009

Mr. CLEAVER (for himself, Mr. CLAY, and Mr. GRAVES) submitted the following concurrent resolution; which was referred to the Committee on Oversight and Government Reform

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## CONCURRENT RESOLUTION

Supporting the goals and ideals of “Complaint Free Wednesday”.

Whereas the average person complains approximately 15 to 30 times per day, resulting in roughly 4,500,000,000 complaints spoken every day in the United States;

Whereas complaining keeps people focused on current problems stultifying their innate abilities to seek and create positive, harmonious solutions;

Whereas complaining has been shown by research psychologists to be detrimental to a person’s physical and emotional health, relationships, and to limit their career success;

Whereas the “A Complaint Free World” organization is to be recognized for its efforts to encourage people to redirect

their minds toward more positive, constructive, and rewarding lives and for its goal to positively inspire at least 1 percent of the global population (60 million people) to become complaint free;

Whereas thousands of people across the United States, including many students, have already adopted the complaint free attitude; and

Whereas “Complaint Free Wednesday” will be observed on the day before Thanksgiving, providing each person in the United States a day free from complaining in order to prepare for a day of gratitude: Now, therefore, be it

1        *Resolved by the House of Representatives (the Senate*  
2 *concurring), That Congress—*

3            (1) supports the goals and ideals of Complaint  
4        Free Wednesday;

5            (2) encourages each person in the United  
6        States to remember that having a positive life begins  
7        with having a positive attitude; and

8            (3) recognizes and reaffirms the meaning of  
9        Thanksgiving by asking each person in the United  
10       States to use “Complaint Free Wednesday” to re-  
11       frain from complaining and prepare for a day of  
12       gratitude.

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