

Friday Night Epicurean Happy Hour Zoom

Post by “Kalosyni” of November 24, 2022 at 4:50 PM

[Quote from Godfrey](#)

As a therapeutic, gratitude enhances current pleasure. At the same time, gratitude for past pleasures helps in dealing with loss and reminds one to take notice of what one has now.

Thank you! I was thinking about it and yet missed getting it on the list, so thank you for adding that 👍 😊