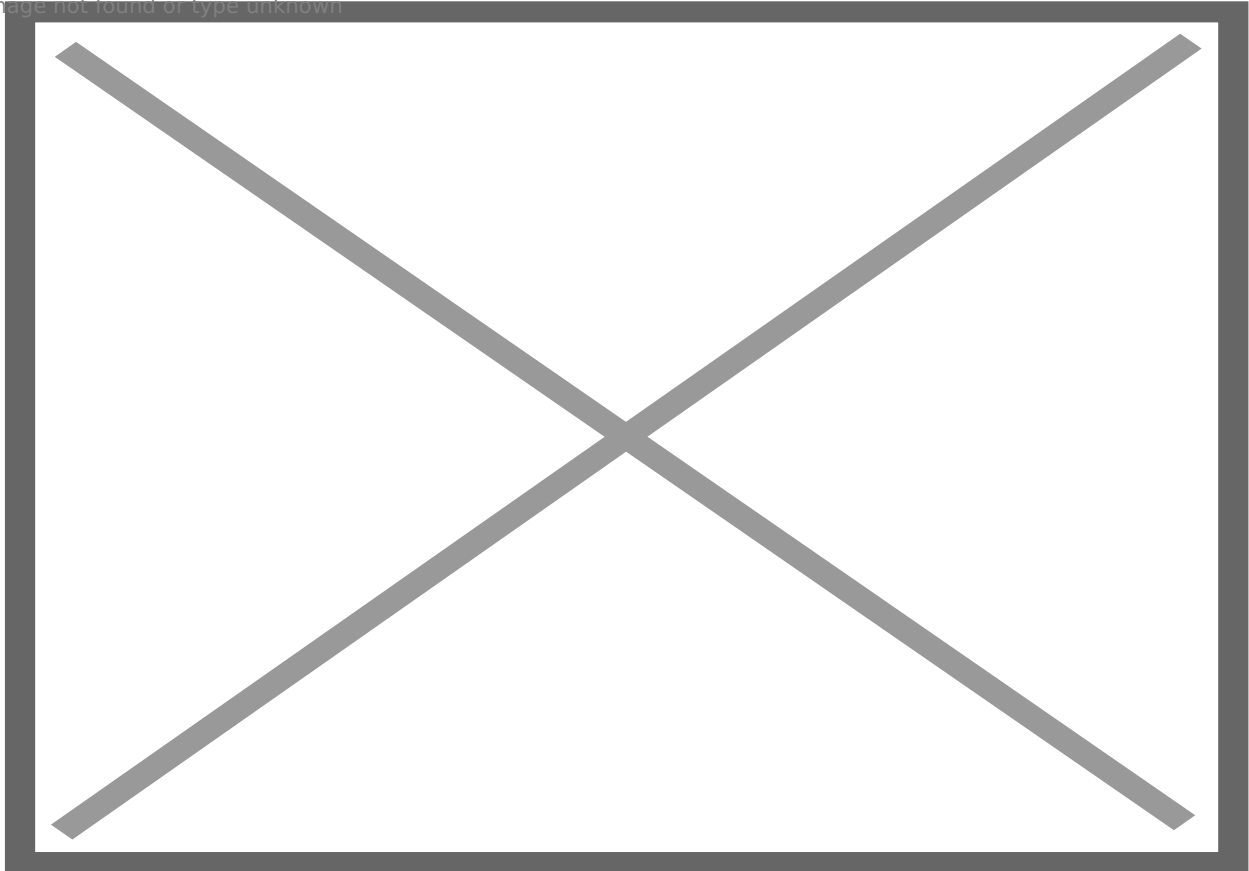


# Importance of Gratitude

Post by "Don" of May 19, 2022 at 7:04 AM

How to become more grateful, and why that will make you happier, healthier and more resilient

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[How to become more grateful, and why that will make you happier, healthier and more resilient | CNN](#)

[www.cnn.com](http://www.cnn.com)

Epicurean context (selections):

VS17 It is not the young man who is most happy, but the old man who has lived beautifully; for despite being at his very peak the young man stumbles around as if he were of many minds, whereas the old man has settled into old age as if in a harbor, secure in his gratitude for the good things he was once unsure of.

VS19 He who forgets the good things he had yesterday becomes an old man today.

VS35 Don't ruin the things you have by wanting what you don't have, but realize that they too are things you once did wish for.

VS55 Misfortune must be cured through gratitude for what has been lost and the knowledge that it is impossible to change what has happened.