

# Importance of Gratitude

Post by “Don” of May 27, 2022 at 10:49 AM

Well said! Thanks for this.  
I especially like this...

## [Quote from EricR](#)

I have found that a genuine feeling of gratitude does not depend on knowing its source. Gratefulness is its own reward as it can neutralize poisons like resentment, envy, jealousy, etc. It has to be genuine though and only the individual can ever know whether it is or not.