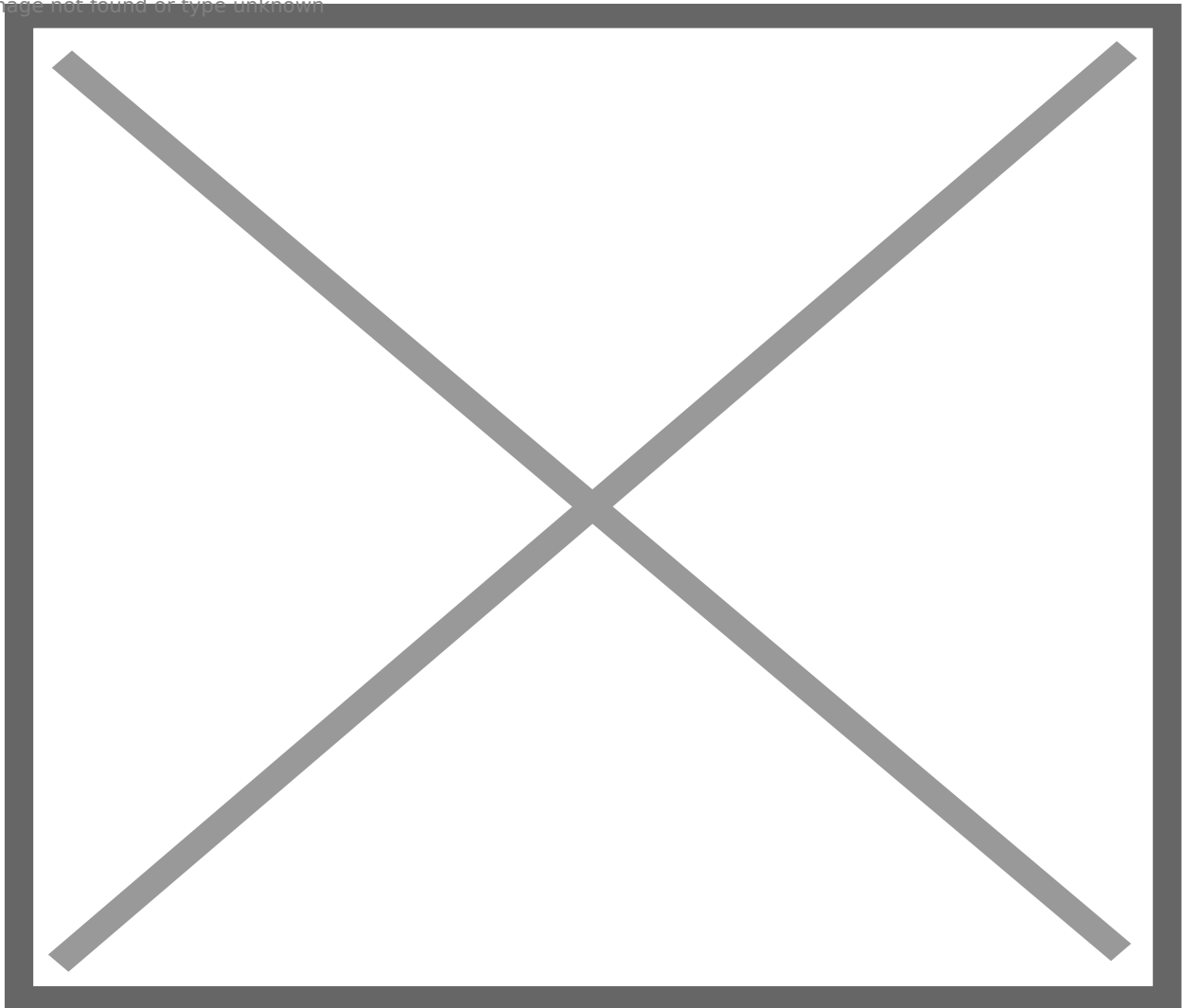


# New York Times article on the science of gratitude

Post by “Cleveland Okie” of August 21, 2023 at 10:28 PM

I meant to post about this sooner, but the New York Times ran an interesting article on June 8, "Gratitude Really Is Good for You, Here's What the Science Shows," which shows how much Epicurus was ahead of his time in urging his followers to cultivate gratitude. Here is a link that will get you behind the paywall:

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[Gratitude Really is Good for You. Here's What the Science Shows. \(Gift Article\)](#)

Giving, receiving and even witnessing gratitude can improve your well-being, especially during difficult times.

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