Showing Gratitude Is Good for All of Us, so Why Don’t We Give Thanks More?

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Giving thanks is good for the person giving it as well as the one receiving it. So why don’t we express gratitude more often?

Research suggests that many people don’t realize how much a simple gesture of thanks can mean. In one 2018 study published in Psychological Science, over 300 participants were asked to write a letter of gratitude to someone who positively impacted them — their parents, friends, coaches or teachers from long ago.

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