“No duty is more urgent than that of returning thanks.” –James Allen

“Some people grumble that roses have thorns; I am grateful that thorns have roses.” –Alphonse Karr

“Give thanks for a little and you will find a lot.” Hansa Proverb

“The only people with whom you should try to get even are those who have helped you.” –John E Southard

“I feel a very unusual sensation – if it is not indigestion, it must be gratitude.” –Benjamin Disraeli

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.” –Thornton Wilder

Saying thank you is more than good manners. It is good spirituality. –Alfred Painter

“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.” -Voltaire

“The essence of all beautiful art is gratitude.” –Friedrich Nietzche

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” John F. Kennedy

“The roots of all goodness lie in the soil of appreciation for goodness.” –Dalai Lama

“Gratitude is not only the greatest of virtues, but the parent of all others.” -Cicero

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” –Melody Beattie

“It is a sign of mediocrity when you demonstrate gratitude with moderation.” –Roberto Benigni

“Gratitude is the most exquisite form of courtesy.” –Jacques Maritain

“Gratitude isn’t a burdening emotion.” –Loretta Young

“Feeling gratitude, and not expressing it, is like wrapping a present and not giving it.” –William Arthur Ward

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously.” –Ralph Waldo Emerson

“In everything, give thanks.” -1 Thessalonians 5:18

“Let us be grateful to people who make us happy.” –Marcel Proust

“Giving is an expression of gratitude for our blessings.” –Laura Arrillaga-Andreessen

“The deepest craving of human nature is the need to be appreciated.” –William James