

The work of the mature person is to carry grief in one hand and gratitude in the other and to be stretched large by them. How much sorrow can I hold? That's how much gratitude I can give. If I carry only grief, I'll bend toward cynicism and despair. If I have only gratitude, I'll become saccharine and won't develop much compassion for other people's suffering. Grief keeps the heart fluid and soft, which helps make compassion possible.

~Francis Ward Weller

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