

The Importance of Gratitude

Why should we be grateful in the midst of suffering? Can we cultivate gratitude in a social-media world of envy, isolation, and self-assertion? How do we receive with gratitude the goods of our own traditions despite their evils? In this seminar, we will attempt to answer these questions and to show how gratitude guards against despair, and resists the nihilist attitude that fails to see the value of anything.

Ultimately, we will propose gratitude as an essential condition of human happiness and human flourishing. We will explore the relations between gratitude and contemplation, stewardship, and material creation; between gratitude and wonder, creativity, and invention; between gratitude and beauty, hope, and joy; and between gratitude, self-love, and the love of God.

Keynote Speakers

- Dr. Eleonore Stump (Professor, St. Louis University)
- Dr. Jonathan J. Sanford (President, University of Dallas)
- Dr. John F. Crosby (Professor Emeritus, Franciscan University of Steubenville)
- Dr. Mark K. Spencer (Professor, University of St. Thomas, Minn.)
- Dr. James Matthew Wilson (Professor, University of St. Thomas, Houston)

For more information about the seminar, including cost and scholarship availability, please visit **www.hildebrandproject.org** or scan the QR code here.

