To send an email using a Gmail account from Node.js, you can use the nodemailer package. Here's a step-by-step guide:

1. Install nodemailer

First, install the nodemailer package in your Node.js project:

Copy code

```
npm install nodemailer
```

2. Create a Google App Password

If you're using 2-Step Verification in your Google account (which is highly recommended for security), you'll need to create an App Password. This is a one-time password that can be used by apps (like your Node.js script) to access your account.

1. Go to Google's App Passwords page.
2. Under "Signing in to Google," click on **App passwords**.(if you can't find use this link https://myaccount.google.com/apppasswords)
3. Select **Mail** as the app, and choose the device you're using or select **Other**.
4. Copy the generated password and save it temporarily.

3. Create the Email Sending Script

```javascript
const nodemailer = require('nodemailer');
// Create a transporter object using Gmail SMTP
let transporter = nodemailer.createTransport({
    service: 'gmail',
    auth: {
        user: 'your-email@gmail.com', // Your Gmail address
        pass: 'your-app-password'     // The App Password you created
    }
});
// Set up email data
let mailOptions = {
    from: '"Sender Name" <your-email@gmail.com>', // Sender address
    to: 'recipient-email@example.com',            // List of recipients
```

```
        subject: 'Test Email from Node.js',          // Subject line
        text: 'Hello, this is a test email sent from Node.js!', // Plain text body
        // html: '<b>Hello, this is a test email sent from Node.js!</b>' // HTML body
    (optional)
    };
    // Send email
    transporter.sendMail(mailOptions, (error, info) => {
        if (error) {
            return console.log(error);
        }
        console.log('Message sent: %s', info.messageId);
    });
```

4. Run the Script

Save the script to a file (e.g., sendEmail.js) and run it using Node.js:

Copy code

```
    Node sendEmail.js
```

Optional: Handling Security Settings

If you are not using 2-Step Verification, you may need to enable access to "Less secure apps" in your Google account settings. However, using App Passwords is more secure.

Troubleshooting

- If you encounter errors related to authentication, double-check that you are using the correct App Password.
- Gmail limits the number of emails you can send per day. Be mindful of these limits.