BE A HERO FOR A BETTER WORLD

"It is the characteristic of the magnanimous man to ask no favor but to be ready to do kindness to others."
-- Aristotle

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"I feel no need for any other faith than my faith in the kindness of human beings..."
-- Pearl S. Buck

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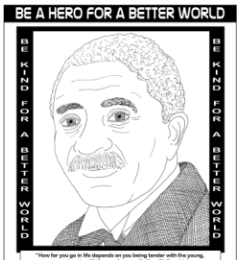

"Have for you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong.
Because sometday in life, you will have been all of these."
-- George Washington Carver

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"The individual is capable of both great compassion and great indifference.
He has it within his means to nourish the former and outgrow the latter."
-- Norman Cousins

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"If compassion was the motivating factor behind all of our decisions, would our world not be a completely different place?"
-- Brian Crane

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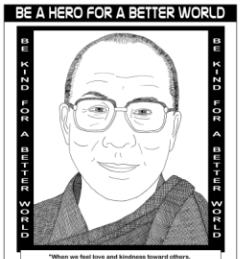

"When we feel love and kindness toward others,
it not only makes others feel loved and cared for,
but it helps us also to develop inner happiness and peace."
-- The Dalai Lama

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"Hugs can do great amounts of good — especially for children."
-- Princess Diana

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"Maybe you just had the worst day of your life, but you know,
there's no escape, there's no excuse, so just suck up and be nice."
-- Ani DiFranco

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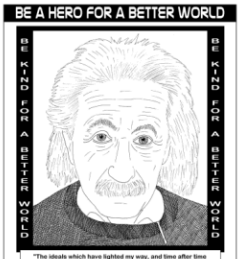

"The ideals which have lighted my way, and time after time
have given me new courage to face life cheerfully,
have been Kindness, Beauty, and Truth..."
-- Albert Einstein

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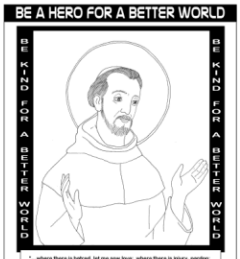

"... where there is hatred, let me sow love; where there is injury, pardon;
where there is doubt, faith; where there is despair, hope;
where there is darkness, light; and where there is sadness, joy."
-- Saint Francis of Assisi

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"He that has done you a kindness will be more ready to do you another,
than he whom you yourself have obliged."
-- Benjamin Franklin

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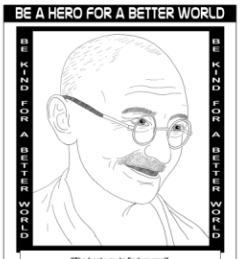

"The best way to find yourself,
is to lose yourself in the service of others."
-- Mohandas Gandhi

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"What we all have in common is an appreciation of kindness
and compassion; all the religions have this. We all lean towards love."
-- Richard Gere

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"When you are kind to someone in trouble, you hope they'll remember
and be kind to someone else. And it'll become like a wildfire."
-- Whoopi Goldberg

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"No one has yet fully realized the wealth of sympathy, kindness
and generosity hidden in the soul of a child. The effort of every
true education should be to unlock that treasure."
-- Emma Goldman

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"Though we all have the fear and the seeds of anger within us,
we must learn not to water those seeds and instead nourish our positive
qualities – those of compassion, understanding, and loving kindness."
-- Thich Nhat Hanh

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"May I never get too busy in my own affairs that I fail to respond
to the needs of others with kindness and compassion."
-- Thomas Jefferson

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"In the end only kindness matters."
-- Jewel

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"I believe in human dignity as the source of national purpose,
human liberty as the source of national action,
the human heart as the source of national compassion,
and in the human mind as the source of our invention and our ideas"
-- John F. Kennedy

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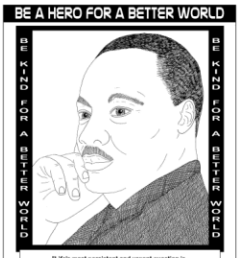

"Life's most persistent and urgent question is,
What are you doing for others?"
-- Martin Luther King, Jr.

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"Change will only come about when each of us takes up the daily
struggle of overcoming our own hatred and prejudice, learning loving,
and allowing all joyful in the knowledge that, by some miracle of grace,
we can change as those around us can change too."
-- Mairead Corrigan Maguire

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"None of us has gotten where we are solely by pulling
ourselves up from our own bootstraps. We got here
because somebody bent down and helped us."
-- Thurgood Marshall

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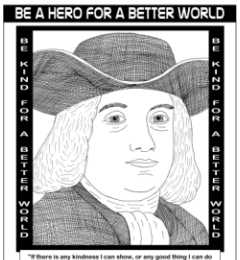

"If there is any kindness I can show, or any good thing I can do
to any fellow being, let me do it now, and not delay or neglect it,
as I shall not pass this way again."
-- William Penn

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"Human kindness has never weakened the stamina
or softened the fiber of a free people.
A nation does not have to be cruel in order to be tough."
-- Franklin D. Roosevelt

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"When you start to develop your powers of empathy
and imagination, the whole world opens up to you."
-- Susan Sarandon

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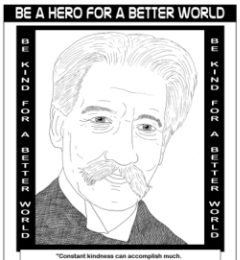

"Constant kindness can accomplish much.
As the sun makes ice melt, kindness causes
misunderstanding, mistrust, and hostility to evaporate."
-- Albert Schweitzer

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"I do it because I want to exercise people's compassion
and I do it because I really believe that for some reason
what I do is important and meaningful."
-- Kyra Sedgwick

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"Kind words can be short and easy to speak
but their echoes are truly endless."
-- Mother Teresa

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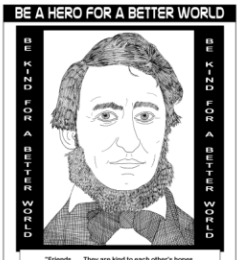

"Friends . . . They are kind to each other's hopes.
They cherish each other's dreams."
-- Henry David Thoreau

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"May we not succumb to thoughts of violence and revenge today,
but rather to thoughts of mercy and compassion.
We are to love our enemies that they might be returned to their right minds."
-- Marianne Williamson

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