

**BE A HERO FOR A BETTER WORLD**

"It is the characteristic of the ingenuous man to ask no favor but to be ready to do favors to others." — Aristotle

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

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"How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and strong. Because without those qualities, which we frequently lack, you will have been of little service where most help is needed." — Helen Keller

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"The individual is capable of both great compassion and great indifference. He has it within him to be kind and to be cruel, and forgive or inflict." — Harvey Cox

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"If compassion was the motivating factor behind all of our decisions, would our world not be a much more pleasant place?" — Margaret Cowe

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

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"What we all have in common is an appreciation of kindness and a desire to be kind to others." — Richard Gere

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"Though we all have the fear and the seeds of anger within us, we also have the seeds of compassion and the seeds of love, nurturing qualities — those of compassion, understanding, and loving kindness." — Thich Nhat Hanh

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"There is no kindness I can show, or any good thing I can do for any fellow being, but I can do it now, and not defer or neglect it, as I often do, because I am fond of saying, 'I have no time.' " — William Penn

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"I do it because I want to see other people's compassion and do it because I really believe that for some reason what I do is important and meaningful." — Princess Diana

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"Kind words can be short and easy to speak, but their effects are lasting and great indeed." — Mother Teresa

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"Friends ... they are kind to each other's hopes. They can be kind to each other's dreams." — Henry David Thoreau

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"Why we not succumb to thoughts of violence and revenge only, but let our minds be open to the possibility that they might be reborn in their right minds." — Susan Sarandon

# What's Your BetterWorld Issue:

## KINDNESS

### ...make a difference...

**Do One Thing  
for a Better World.**

**Together  
We Make a World of Difference!**

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