

WHAT'S YOUR BETTERWORLD ISSUE?

KINDNESS



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

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

The best-selling book, *Random Acts of Kindness*, helped to start a movement that has spread around the world. The book, and the many books on kindness that followed, helped to highlight the transformative power that each of us has to change the world with kindness, one person at a time.

The Random Acts of Kindness Foundation helps to promote "kindness" by providing inspiration, information, and resources to celebrate kindness throughout the year as well as a special World Kindness Day on November 13, World Kindness Week in November, and a Random Acts of Kindness Week in February.

Others celebrate the first of *every* month as Kindness Day. In this way we begin each month by rededicating ourselves to change the world, one act of kindness at a time. Together we are creating a more peaceful, just and sustainable world through kindness.

The Kind Acts Foundation's website offers educators and parents a free and easy way to create a certificate to reward a child for an act of kindness. (www.kindacts.org)

"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

Be A Hero For A Better World!

1. Find out more about the power of kindness
2. Use kind words
3. Try to perform an act of kindness each day

Kindness Links

- Blossom International (blossominternational.org)
- Coin-spiracy (investinakinderworld.com)
- HelpOthers.org (helpothers.org)
- Kind Acts Foundation (kindacts.org)
- Kind Acts Network (kindacts.net)
- Random Acts of Kindness Foundation (actsofkindness.org)

For more information: www.betterworld.net/kindness.htm

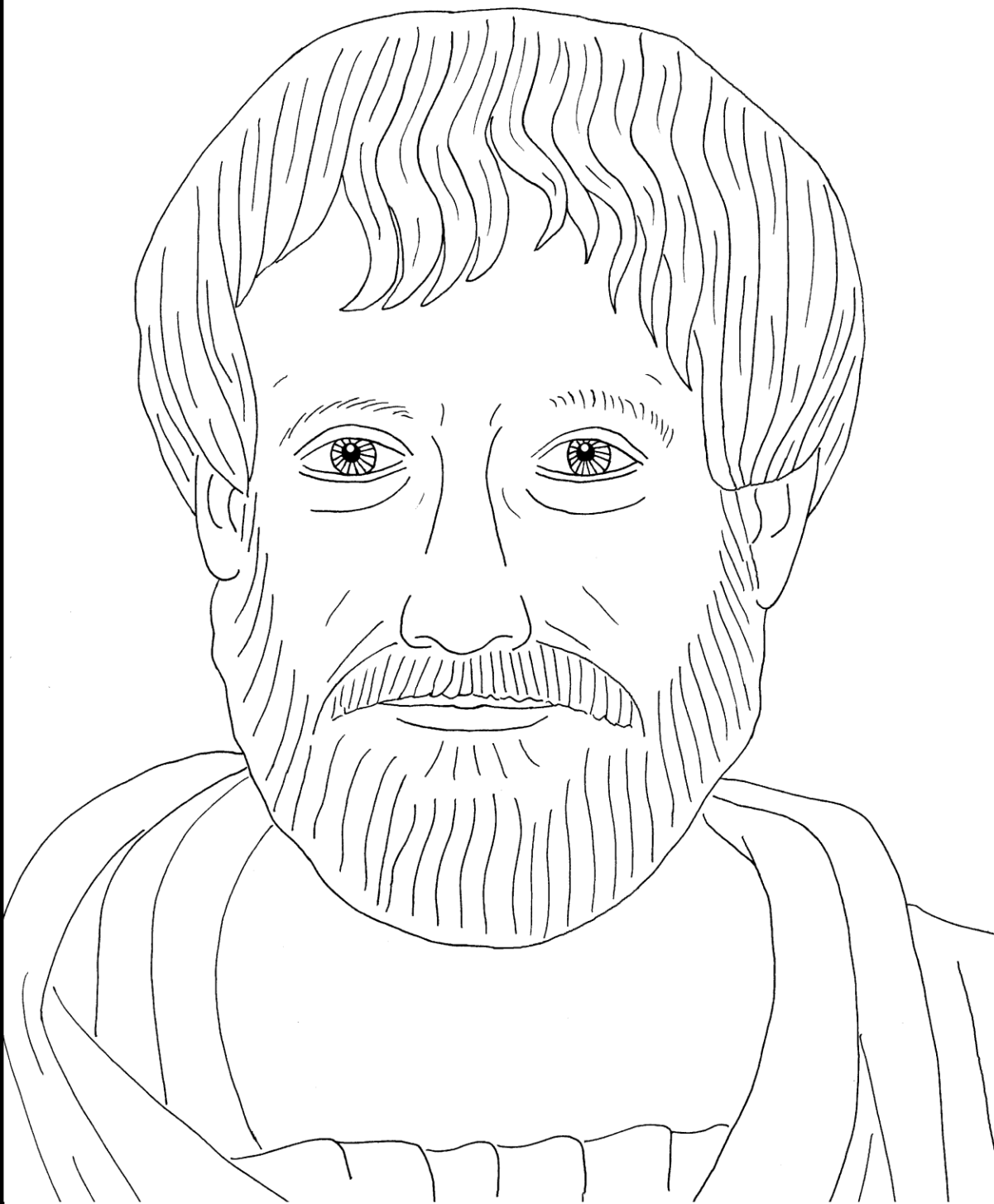
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"It is the characteristic of the magnanimous man to ask no favor but to be ready to do kindness to others."

-- Aristotle

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**"Compassion will cure more sins than condemnation."
-- Henry Ward Beecher**

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

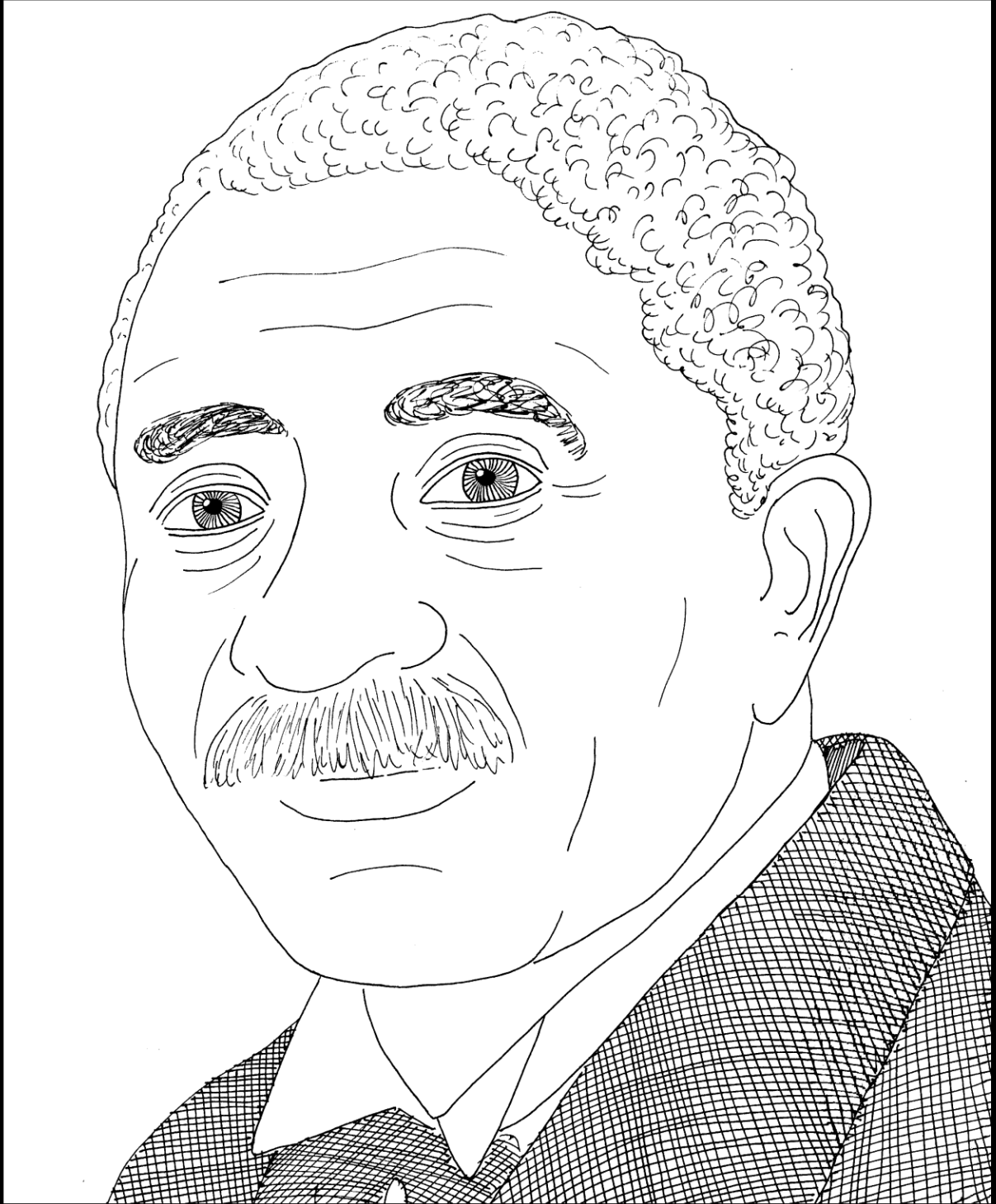
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**"How far you go in life depends on you being tender with the young,
compassionate with the aged, sympathetic with the striving
and tolerant of the weak and the strong.**

Because someday in life, you will have been all of these."

-- George Washington Carver

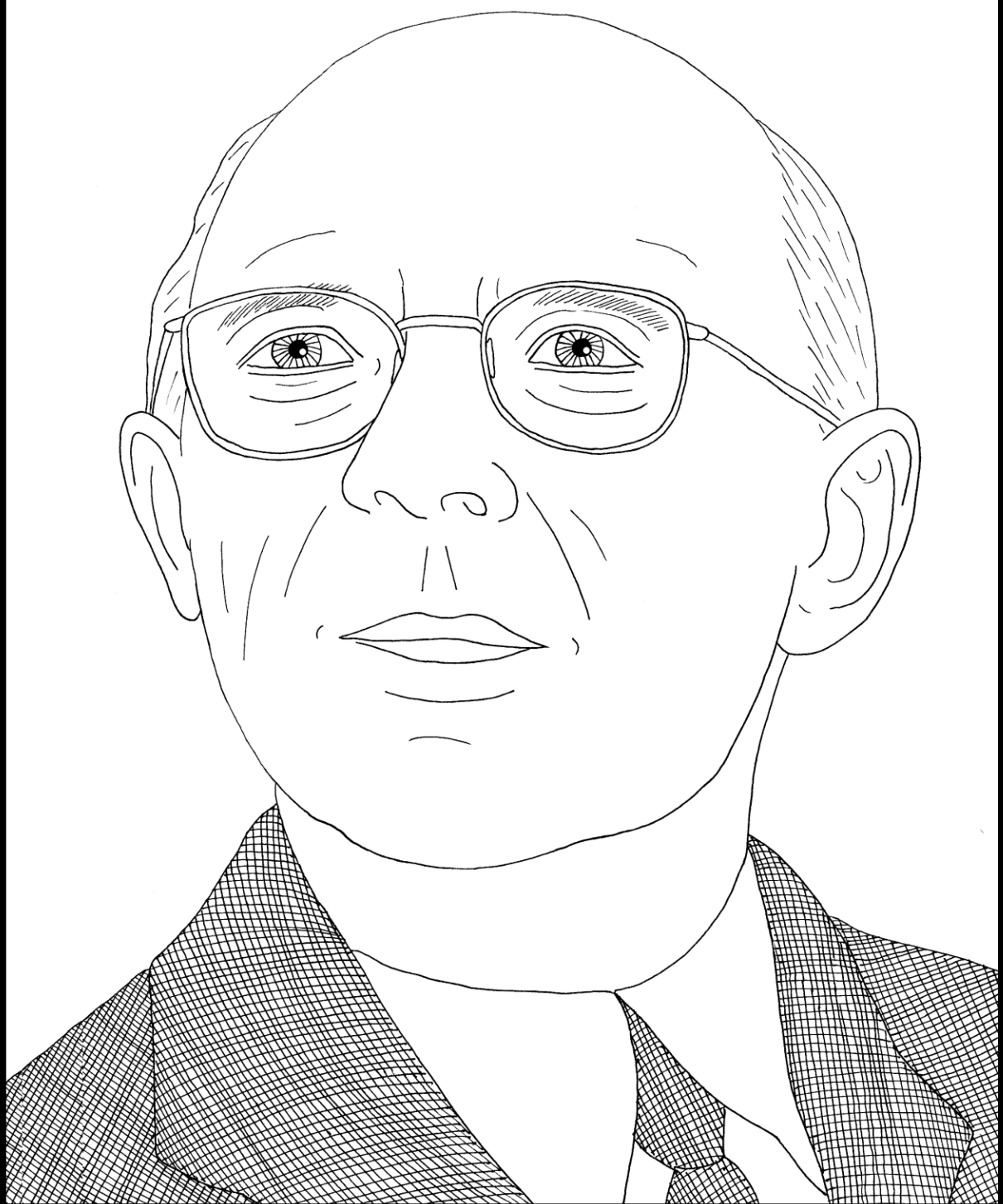
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**"Each person has inside a basic decency and goodness.
If he listens to it and acts on it,
he is giving a great deal of what it is the world needs most."
-- Pablo Casals**

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"Giving connects two people, the giver and the receiver,
and this connection gives birth to a new sense of belonging."
-- Deepak Chopra

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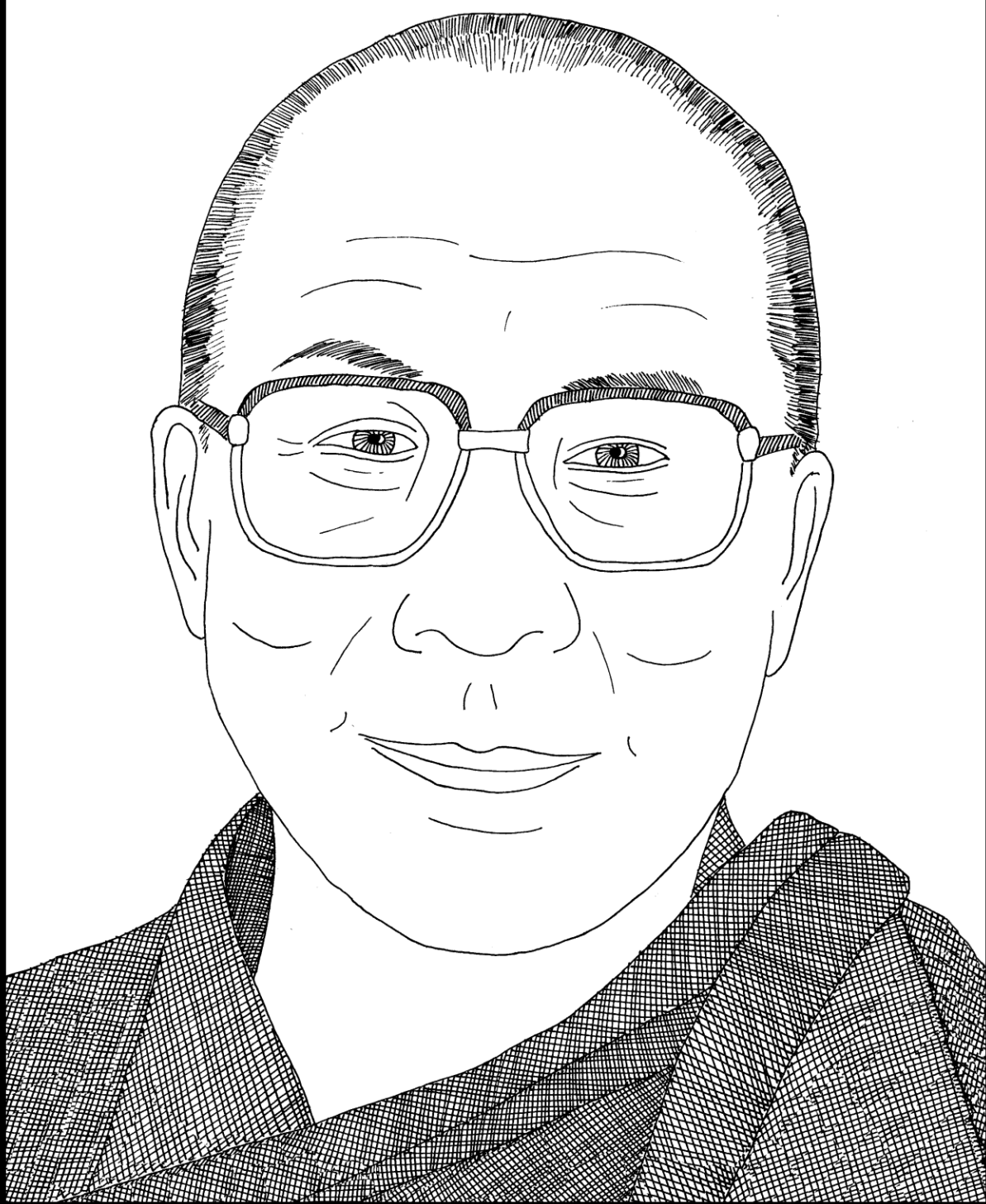
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"When we feel love and kindness toward others,
it not only makes others feel loved and cared for,
but it helps us also to develop inner happiness and peace."

-- The Dalai Lama

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"One's life has value so long as one attributes value to the life of others, by means of love, friendship, indignation and compassion."

-- Simone de Beauvoir

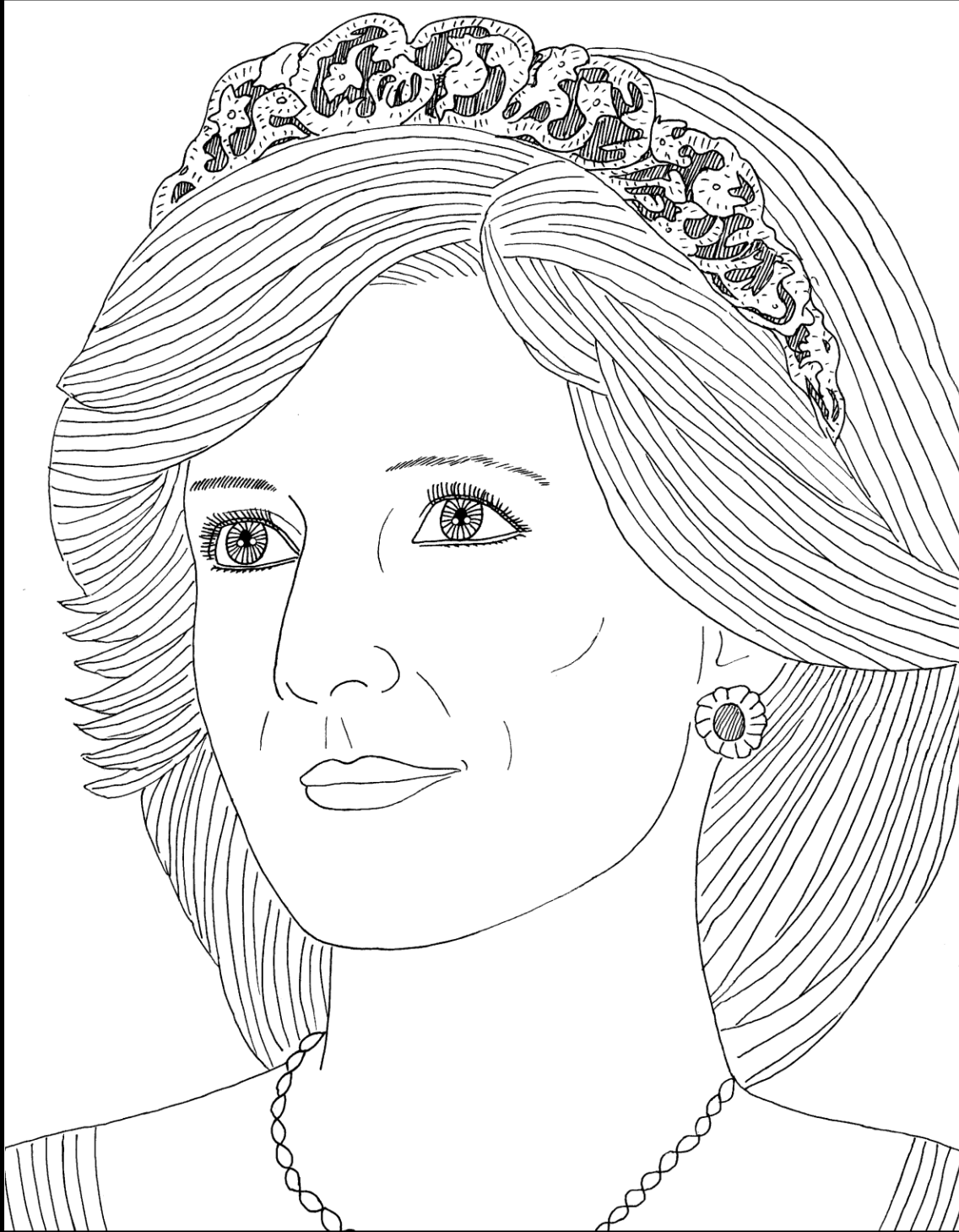
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"Hugs can do great amounts of good — especially for children."
-- Princess Diana

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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

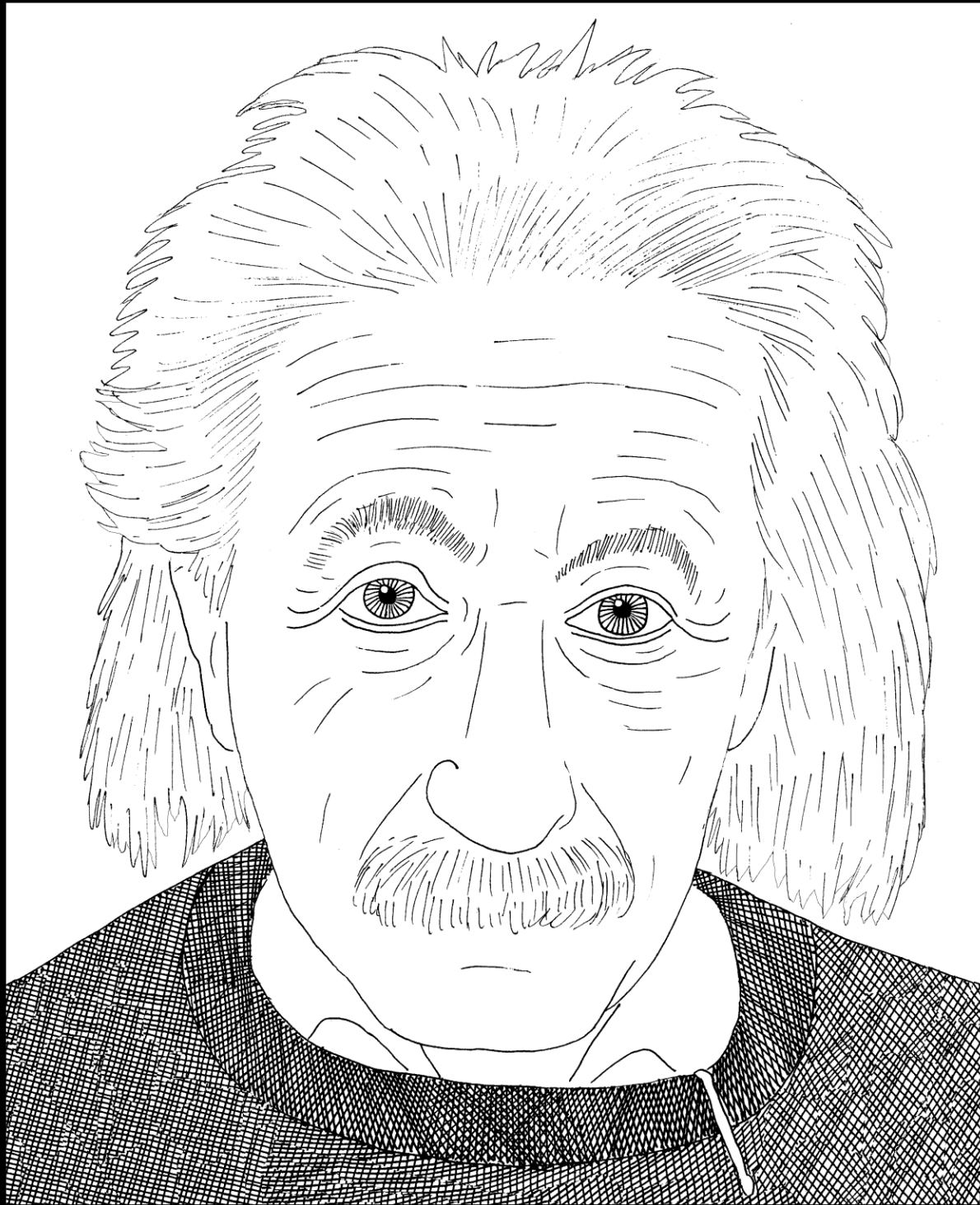
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**"The ideals which have lighted my way, and time after time
have given me new courage to face life cheerfully,
have been Kindness, Beauty, and Truth..."**

-- Albert Einstein

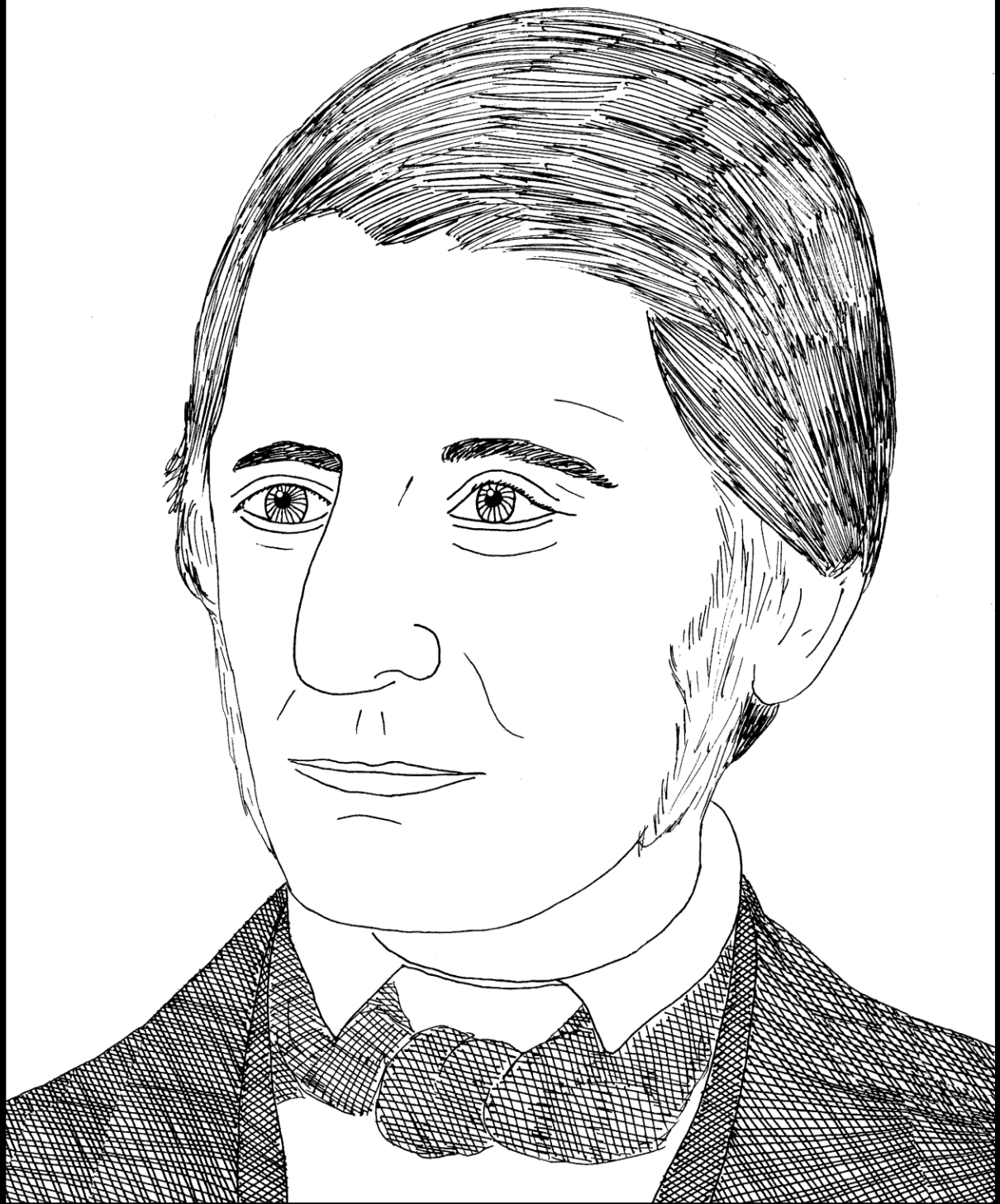
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"You cannot do a kindness too soon,
for you never know how soon it will be too late."
-- Ralph Waldo Emerson

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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

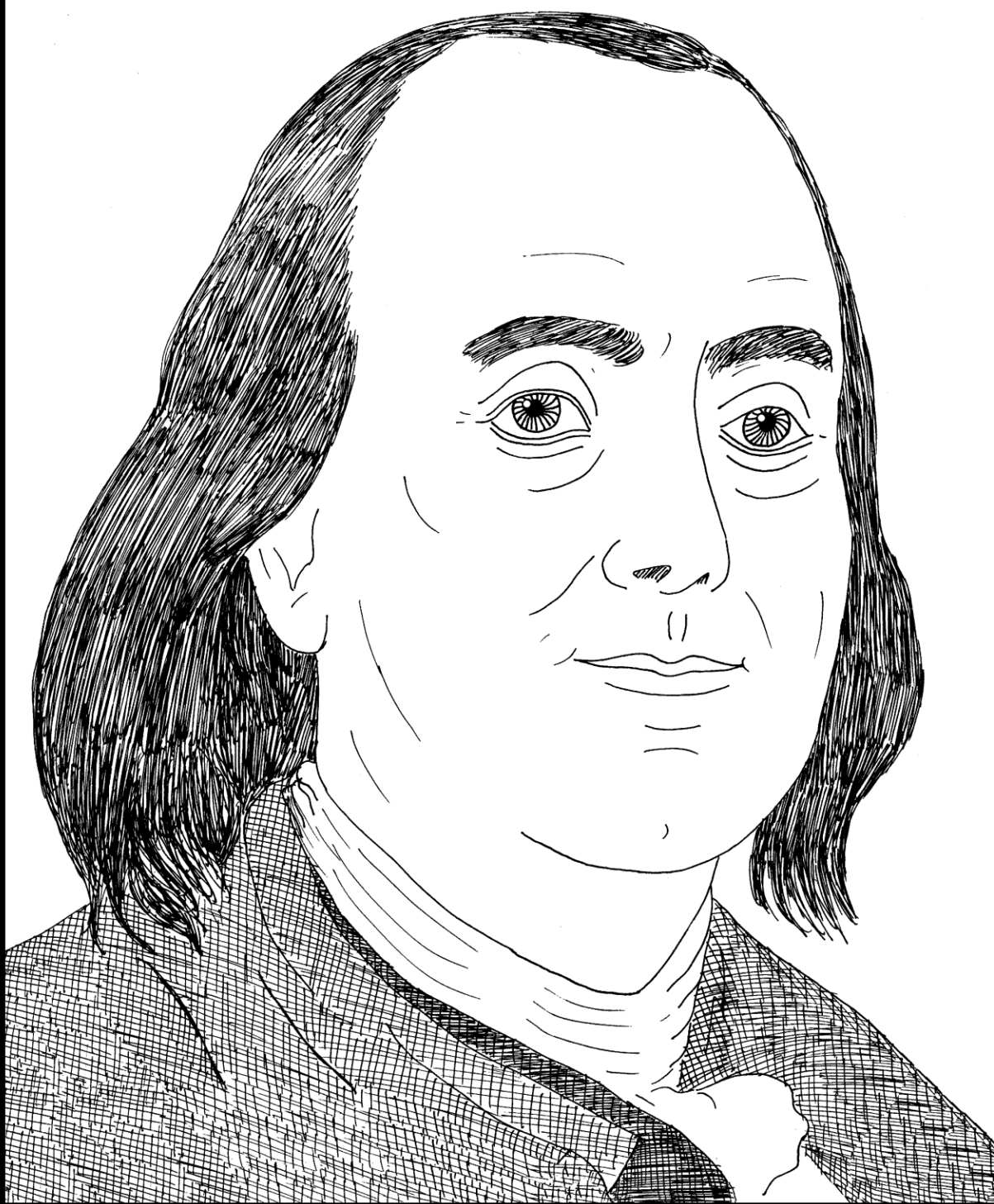
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"He that has done you a kindness will be more ready to do you another,
than he whom you yourself have obliged."

-- Benjamin Franklin

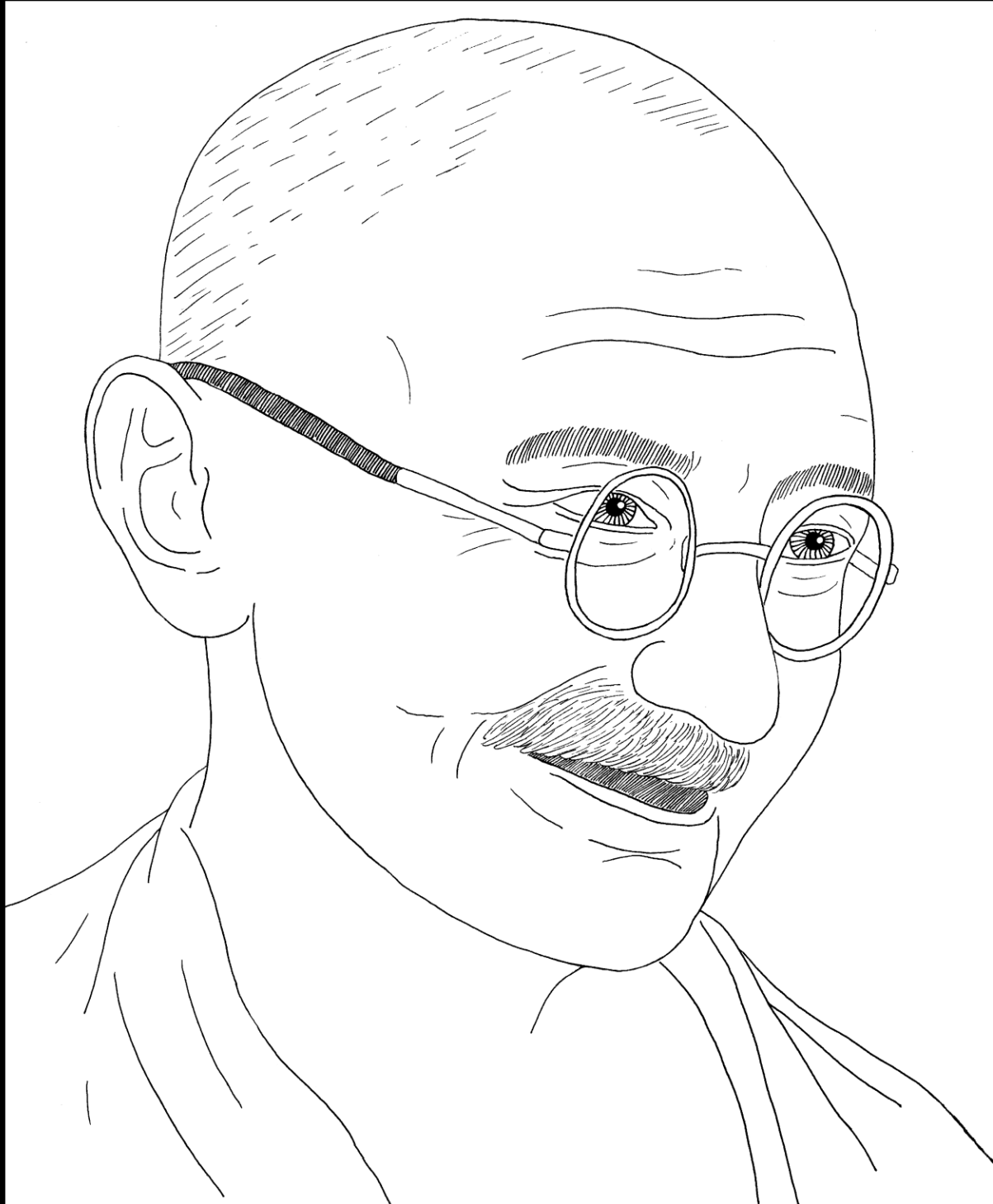
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**"The best way to find yourself,
is to lose yourself in the service of others."
-- Mohandas Gandhi**

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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

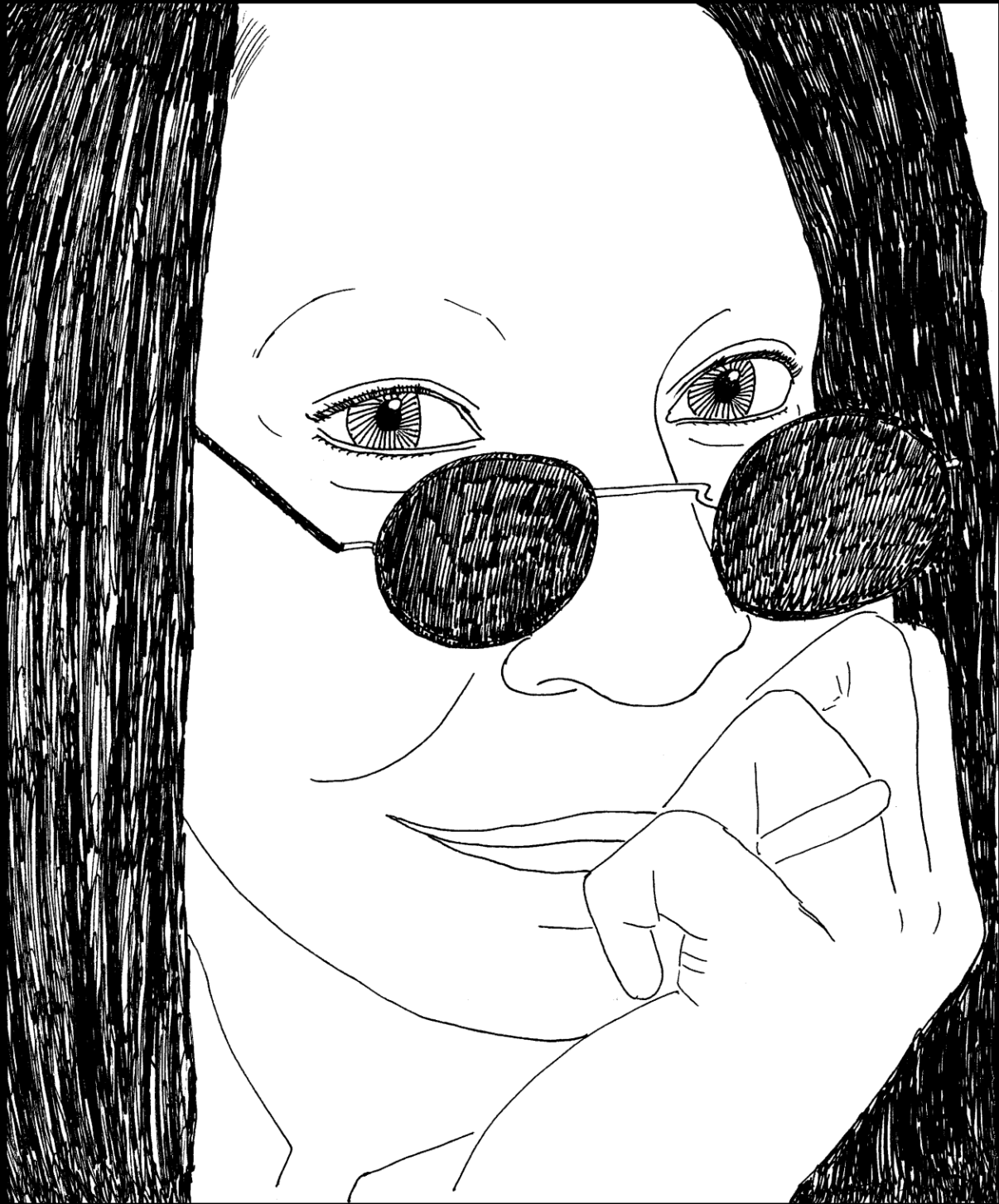
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-- Whoopi Goldberg

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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

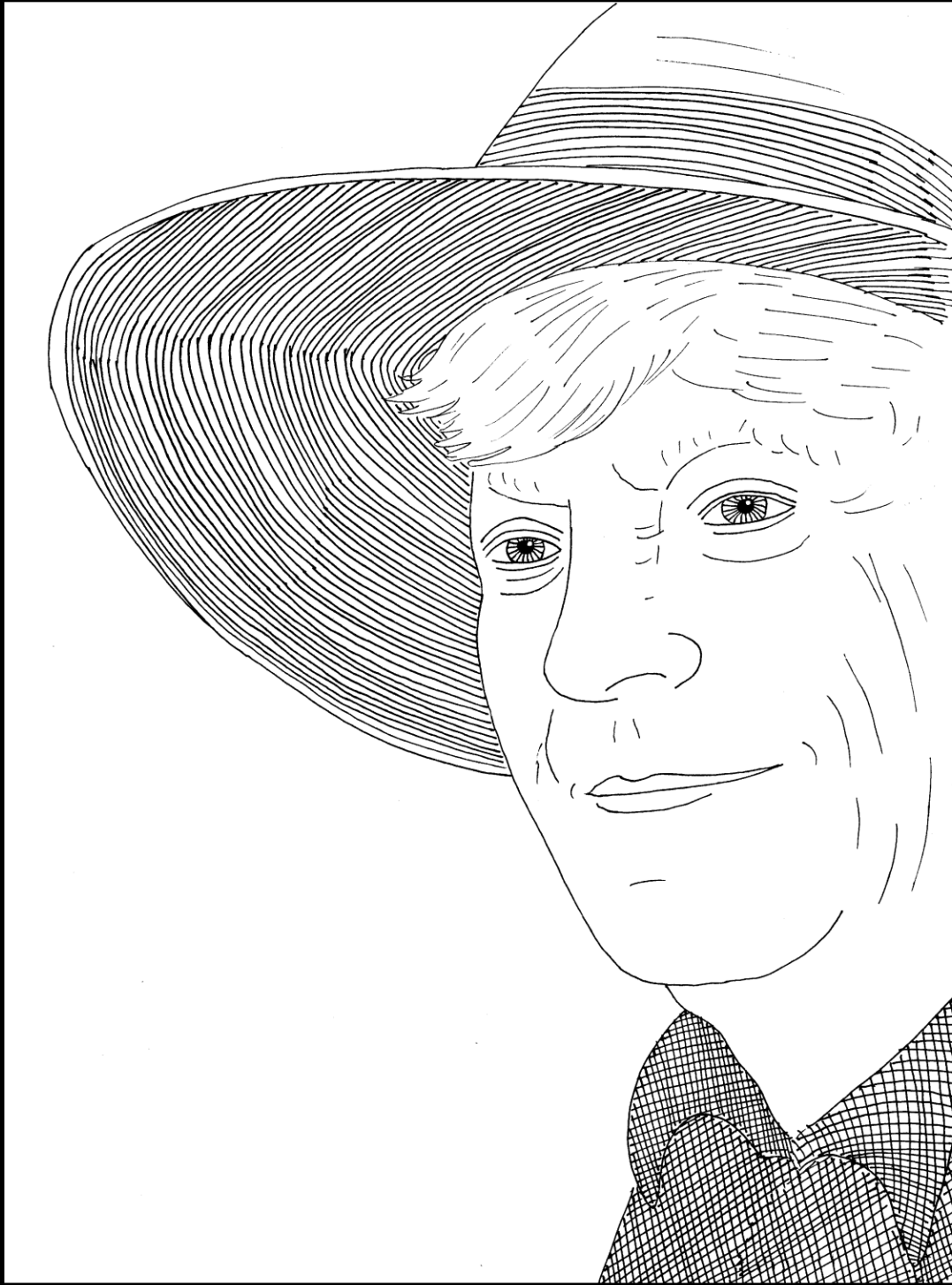
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"We have a duty to look after each other. If we lose control of our government, then we lose our ability to dispense justice and human kindness. Our first priority today, then, is to defeat utterly those forces of greed and corruption that have come between us and our self-governance."

-- Granny D

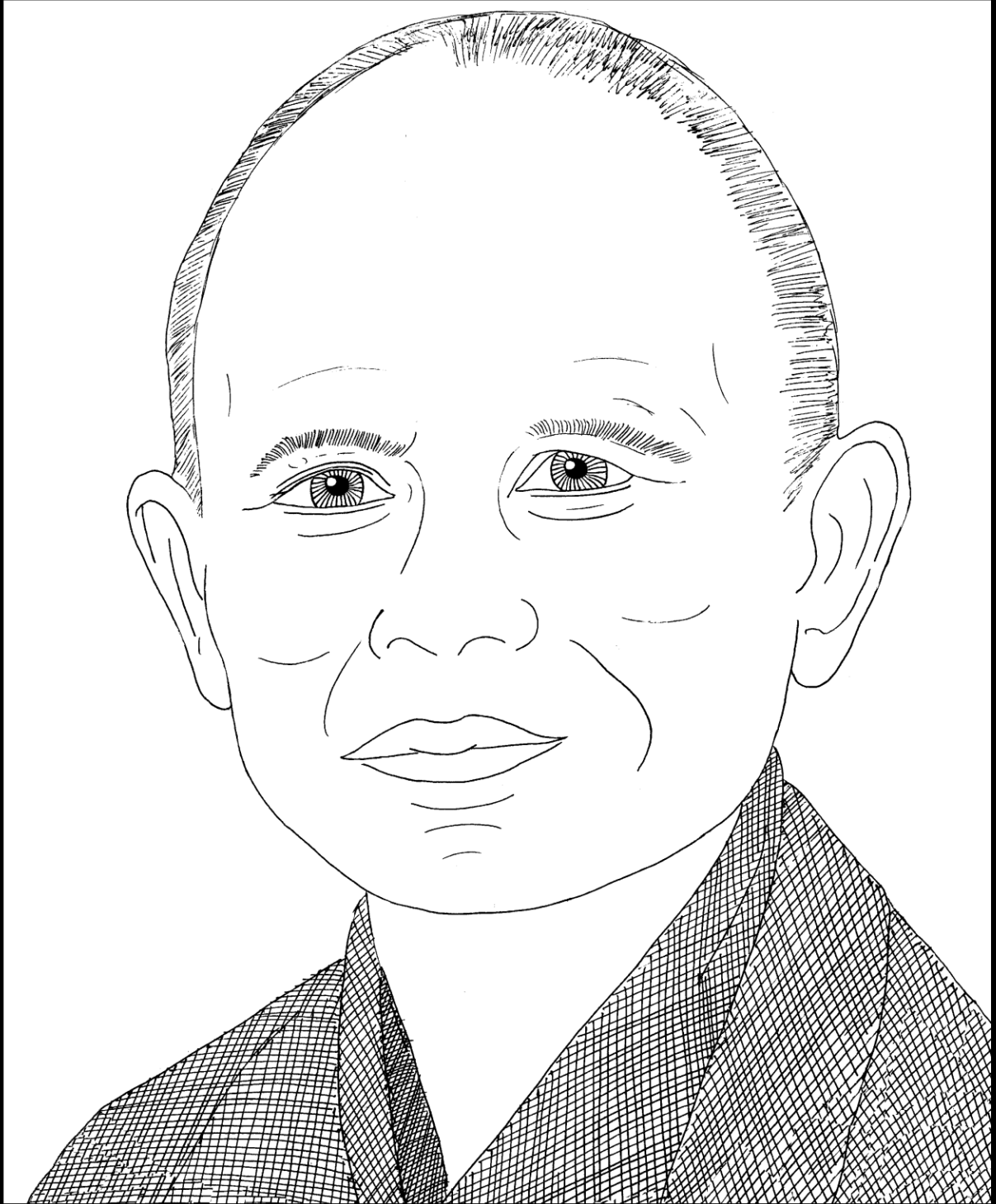
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"Though we all have the fear and the seeds of anger within us, we must learn not to water those seeds and instead nourish our positive qualities – those of compassion, understanding, and loving kindness."

-- Thich Nhat Hanh

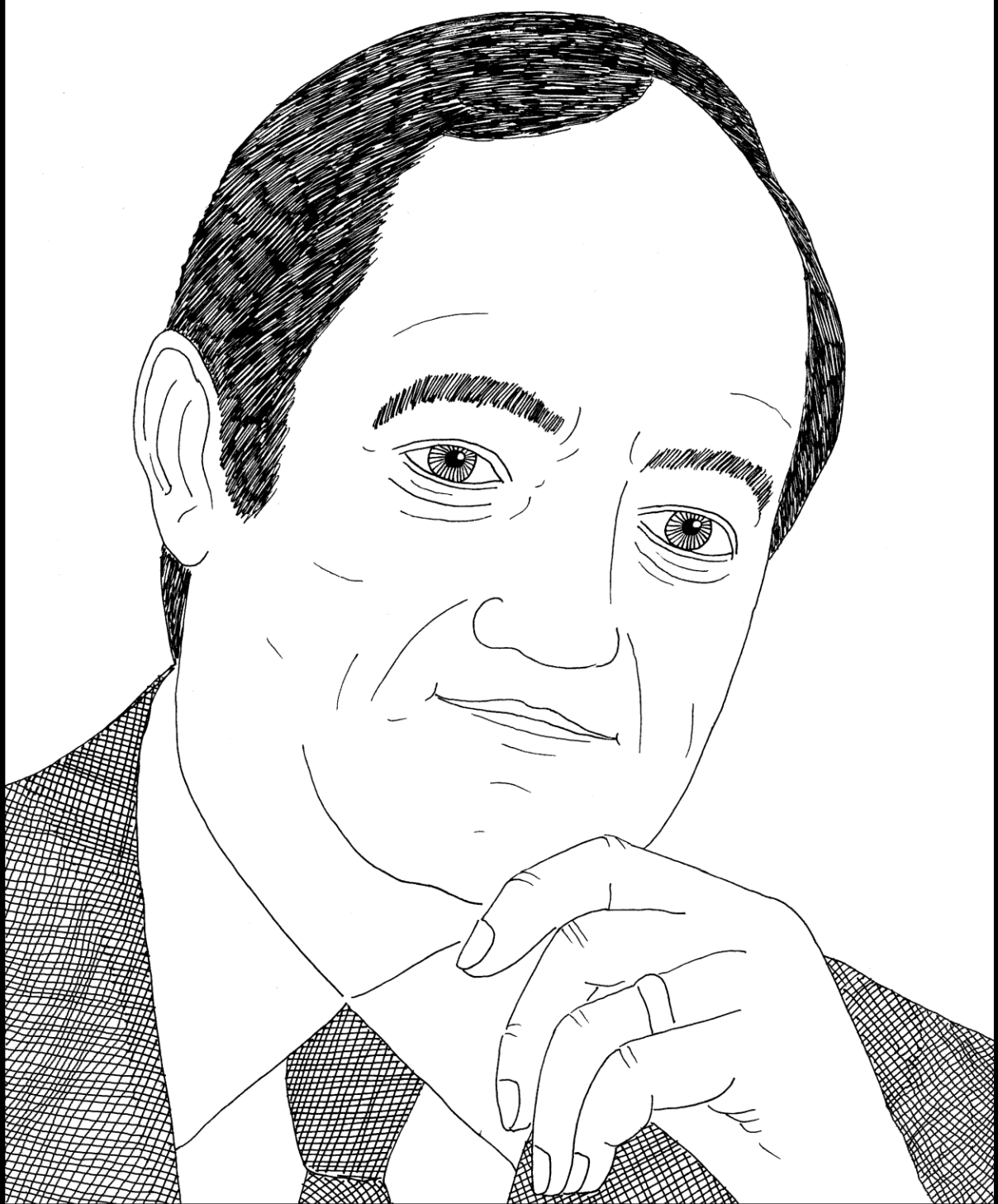
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**“Compassion is not weakness,
and concern for the unfortunate is not socialism.”
-- Hubert Humphrey**

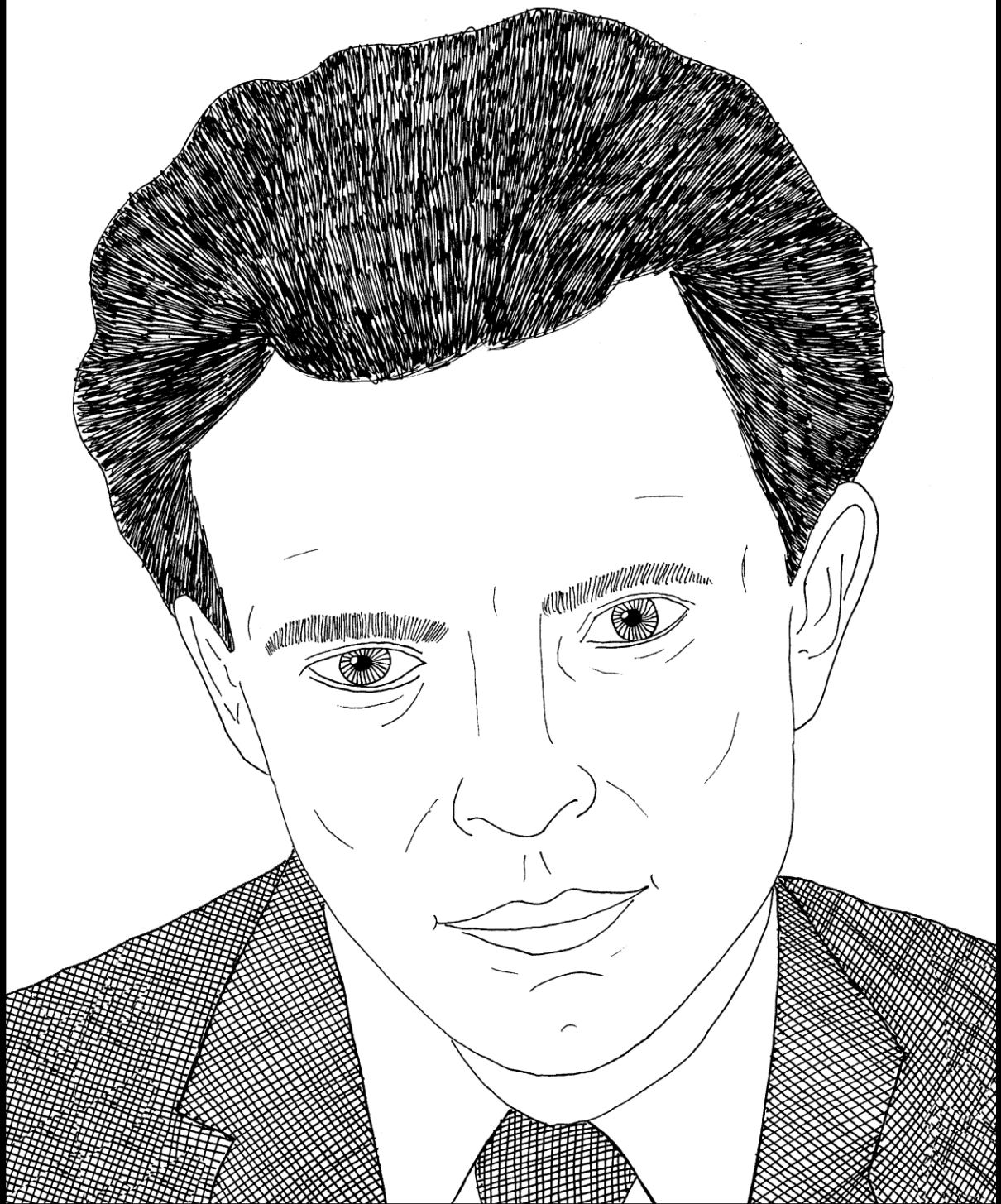
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"Let us be kinder to one another."
-- Aldous Huxley (on his deathbed)

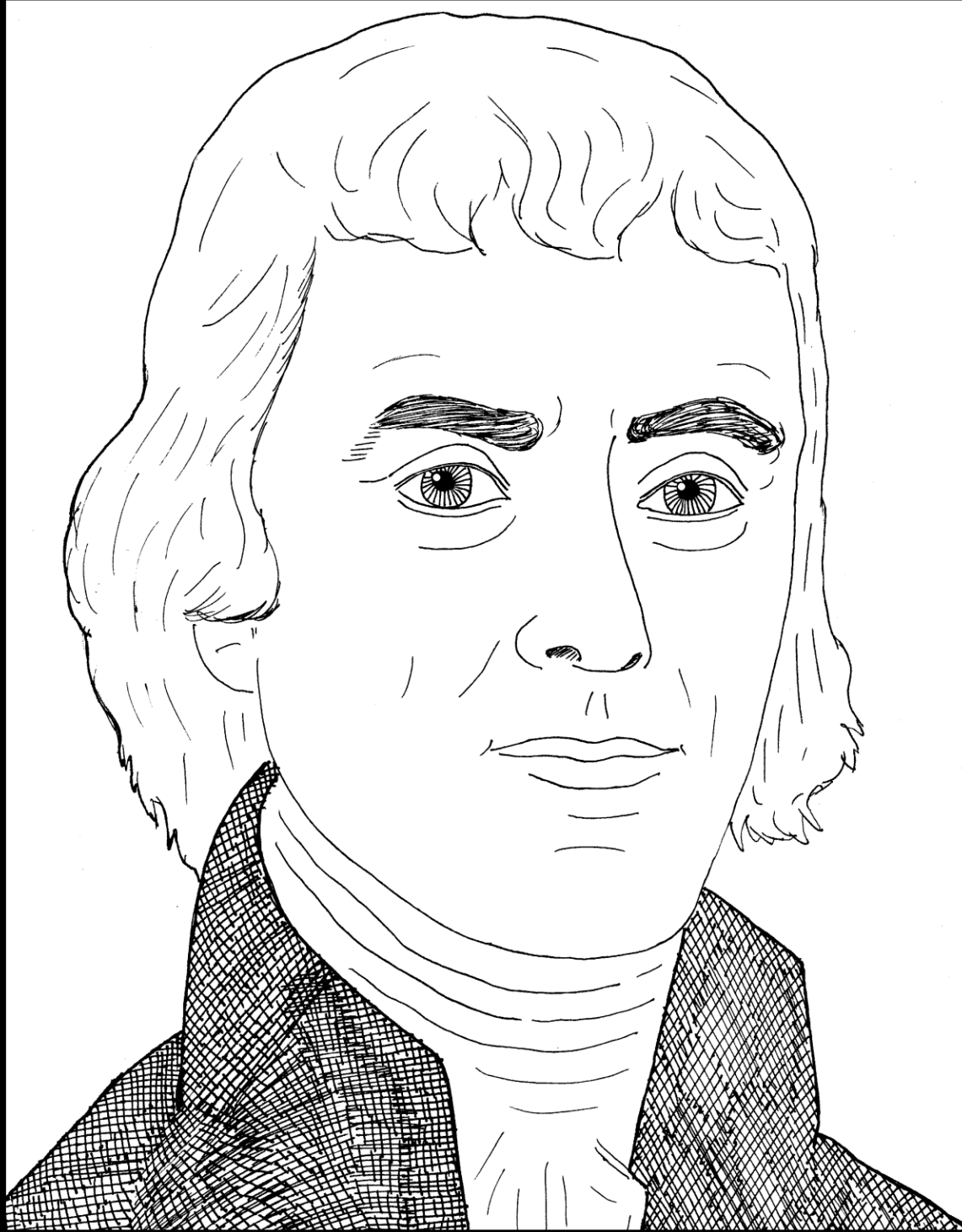
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"May I never get too busy in my own affairs that I fail to respond to the needs of others with kindness and compassion."

-- Thomas Jefferson

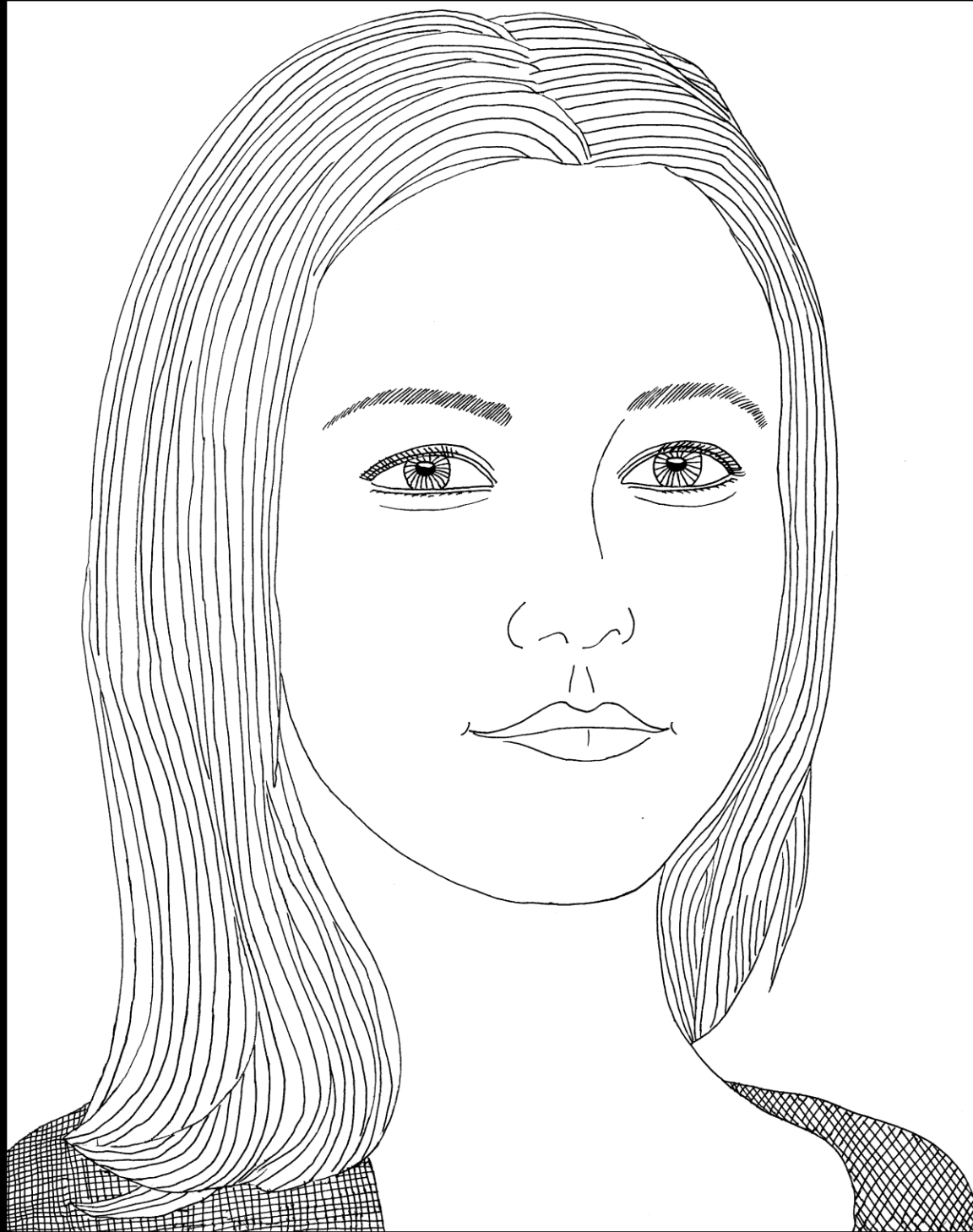
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"In the end only kindness matters."
-- Jewel

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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

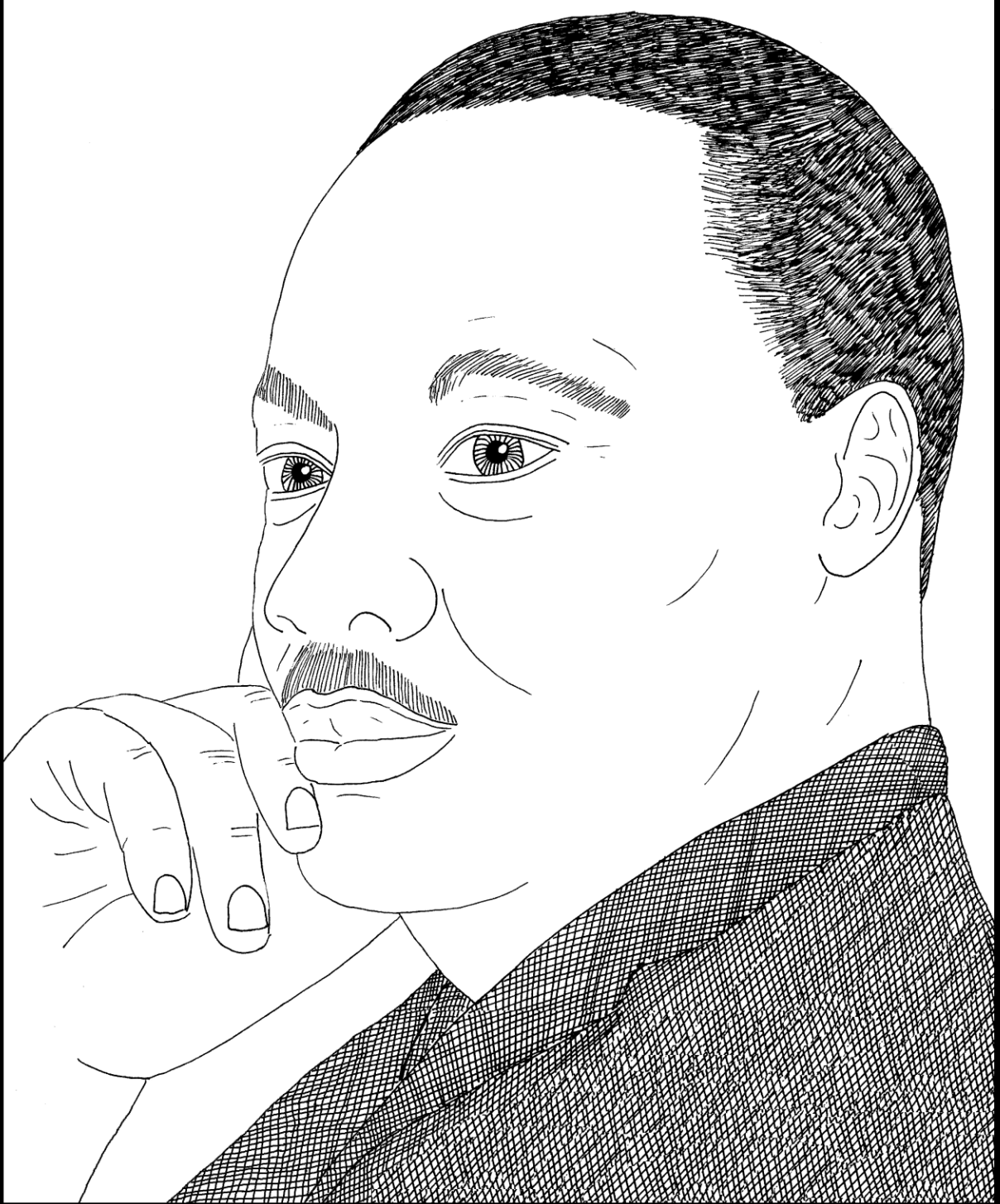
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**"Life's most persistent and urgent question is,
What are you doing for others?"
-- Martin Luther King, Jr.**

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"Change will only come about when each of us takes up the daily struggle ourselves to be more forgiving, compassionate, loving, and above all joyful in the knowledge that, by some miracle of grace, we can change as those around us can change too."

-- Mairead Corrigan Maguire

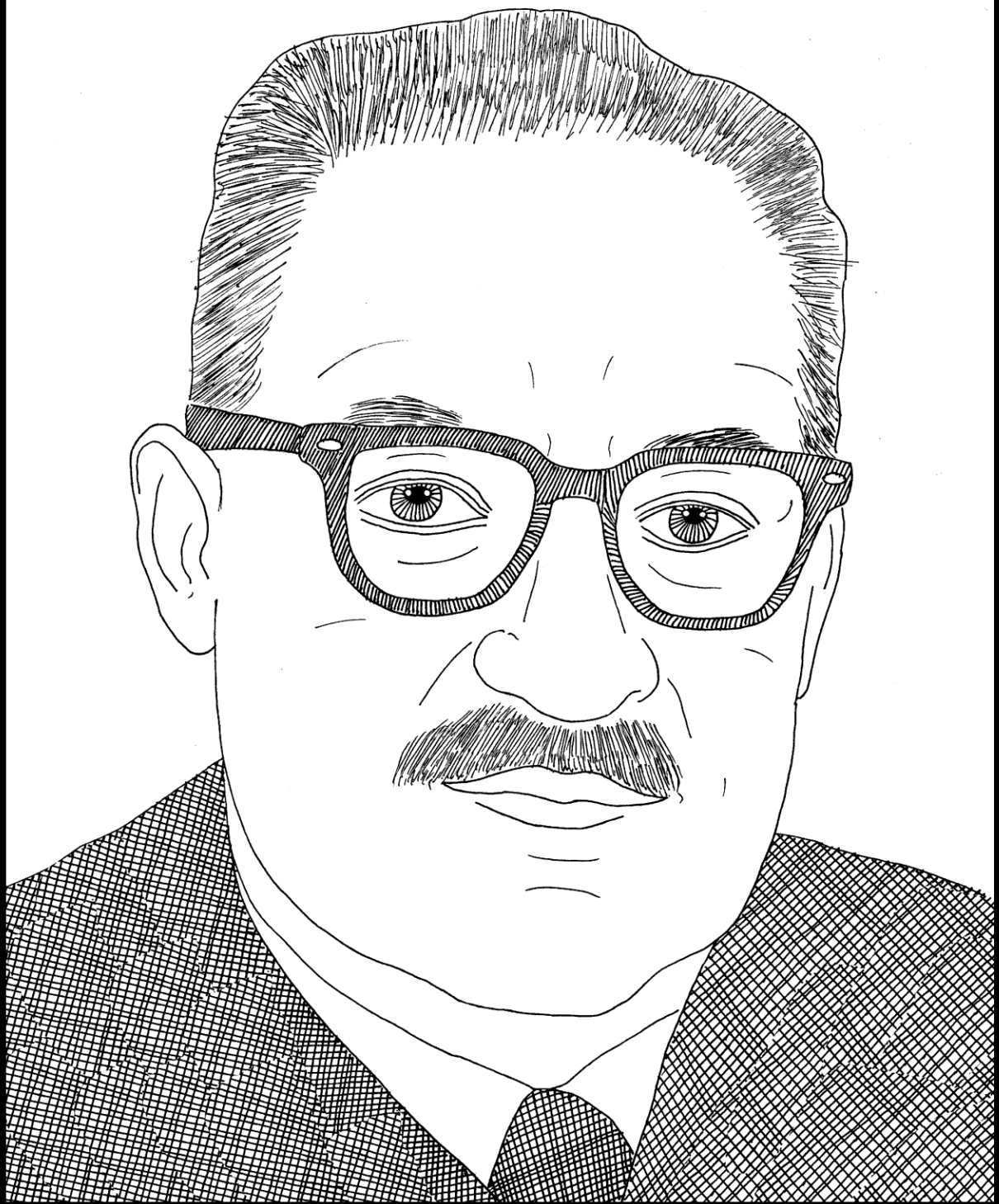
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"None of us has gotten where we are solely by pulling ourselves up from our own bootstraps. We got here because somebody bent down and helped us."

-- Thurgood Marshall

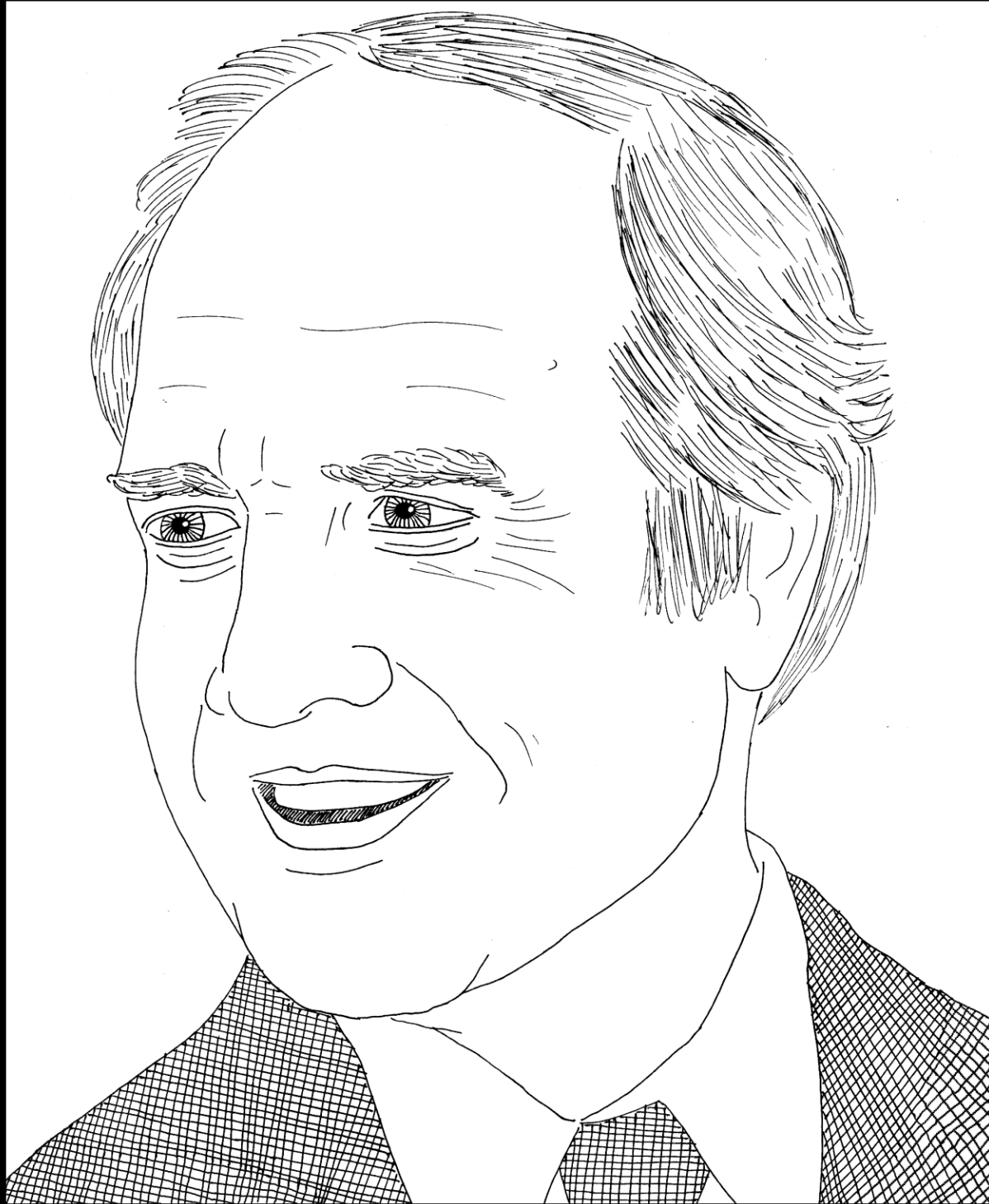
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"Love for other people. I think that's another very important part of morality, being genuinely compassionate and concerned about the feelings and well being of other people..."

-- George McGovern

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"The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another."

-- Thomas Merton

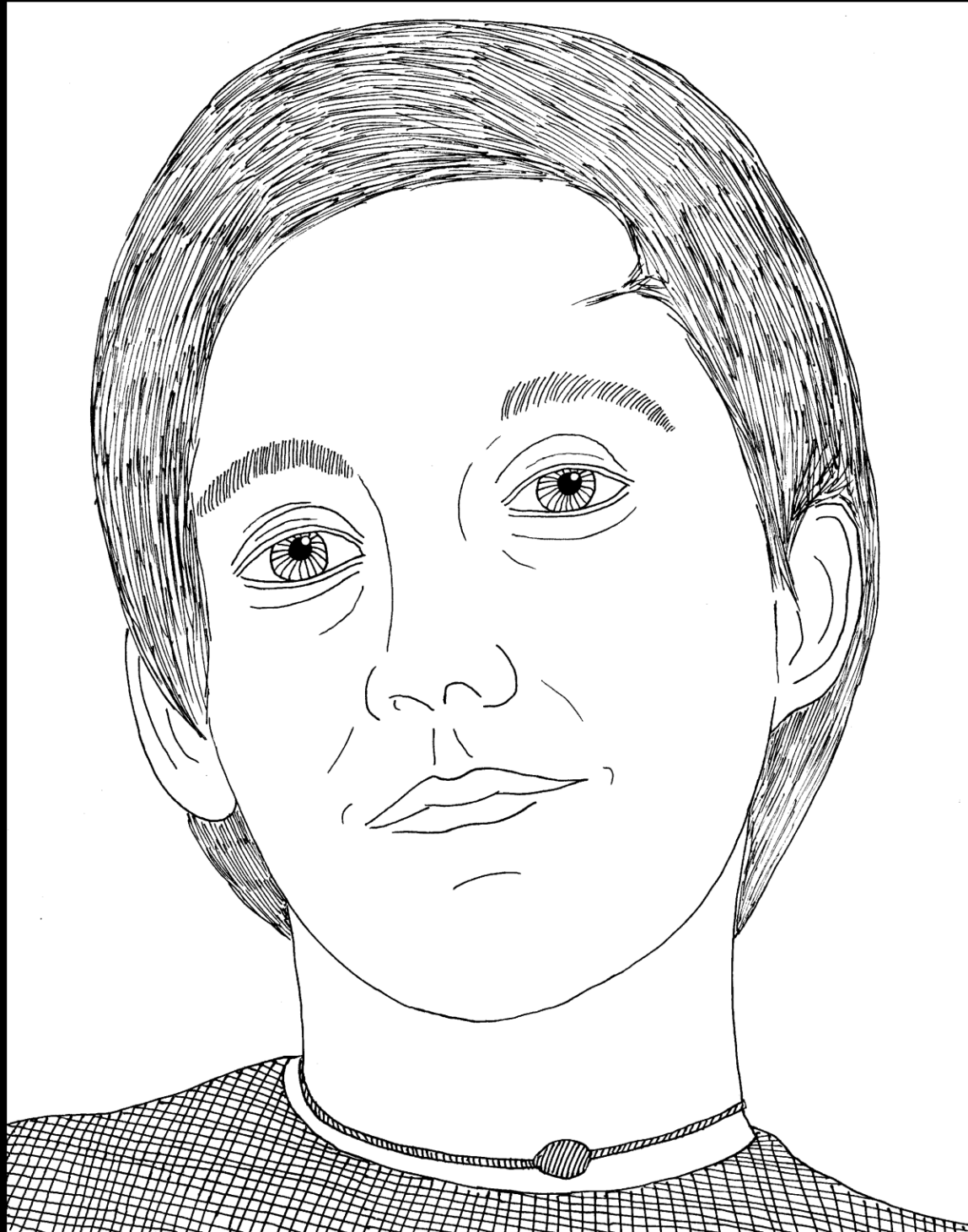
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"I came upon a doctor who appeared in quite poor health. I said, 'There's nothing that I can do for you that you can't do for yourself.' He said, 'Oh yes you can. Just hold my hand. I think that that would help.' So I sat with him a while then I asked him how he felt. He said, 'I think I'm cured.'"

-- Conor Oberst

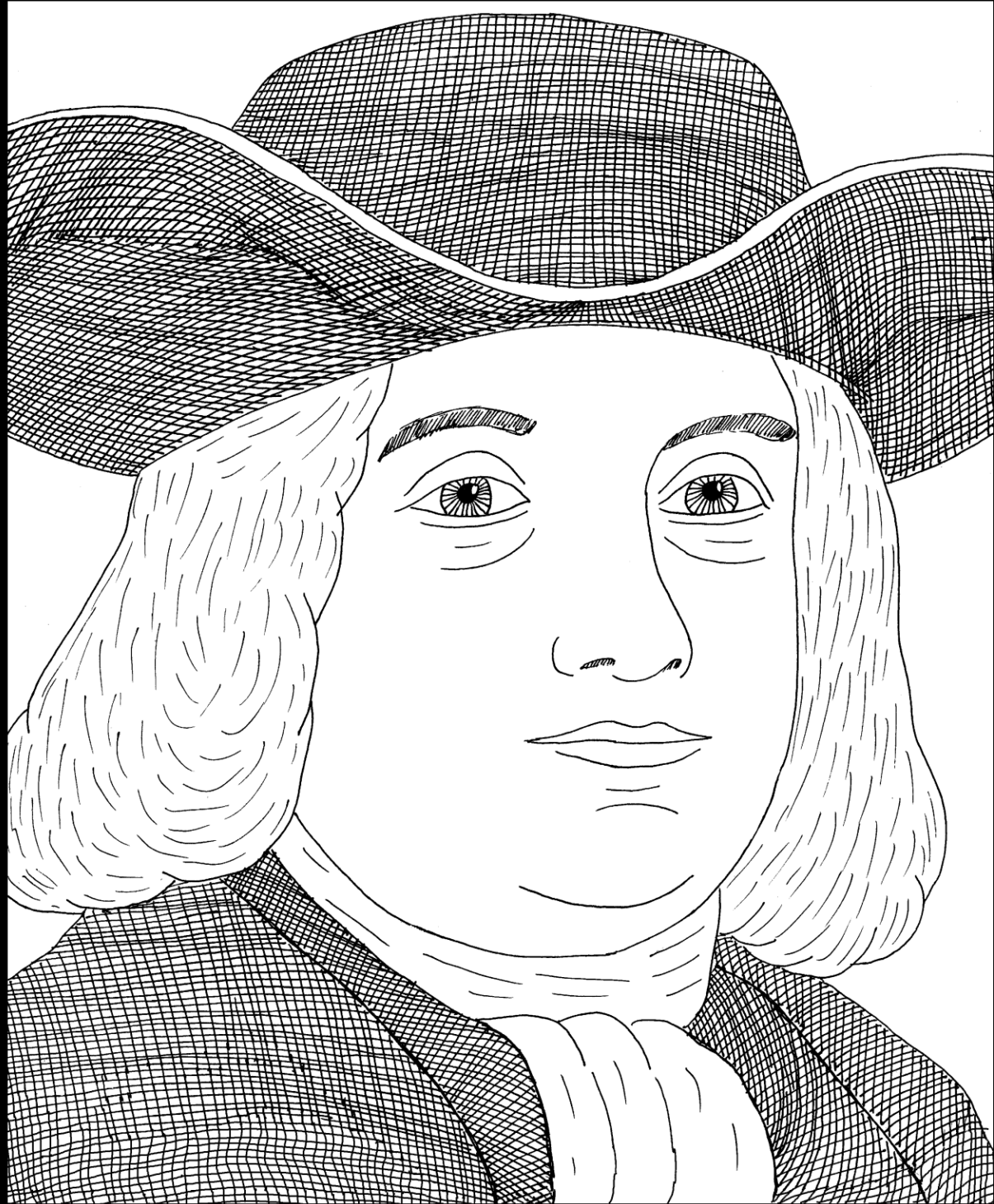
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"If there is any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not deter or neglect it, as I shall not pass this way again."

-- William Penn

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"There is perhaps no surer road to peace than the one that starts from little islands and oases of genuine kindness, islands and oases constantly growing in number and being continually joined together until eventually they ring the world."

-- Father Dominique Pire

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BE A HERO FOR A BETTER WORLD

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"The end result of kindness is that it draws people to you."
-- Anita Roddick

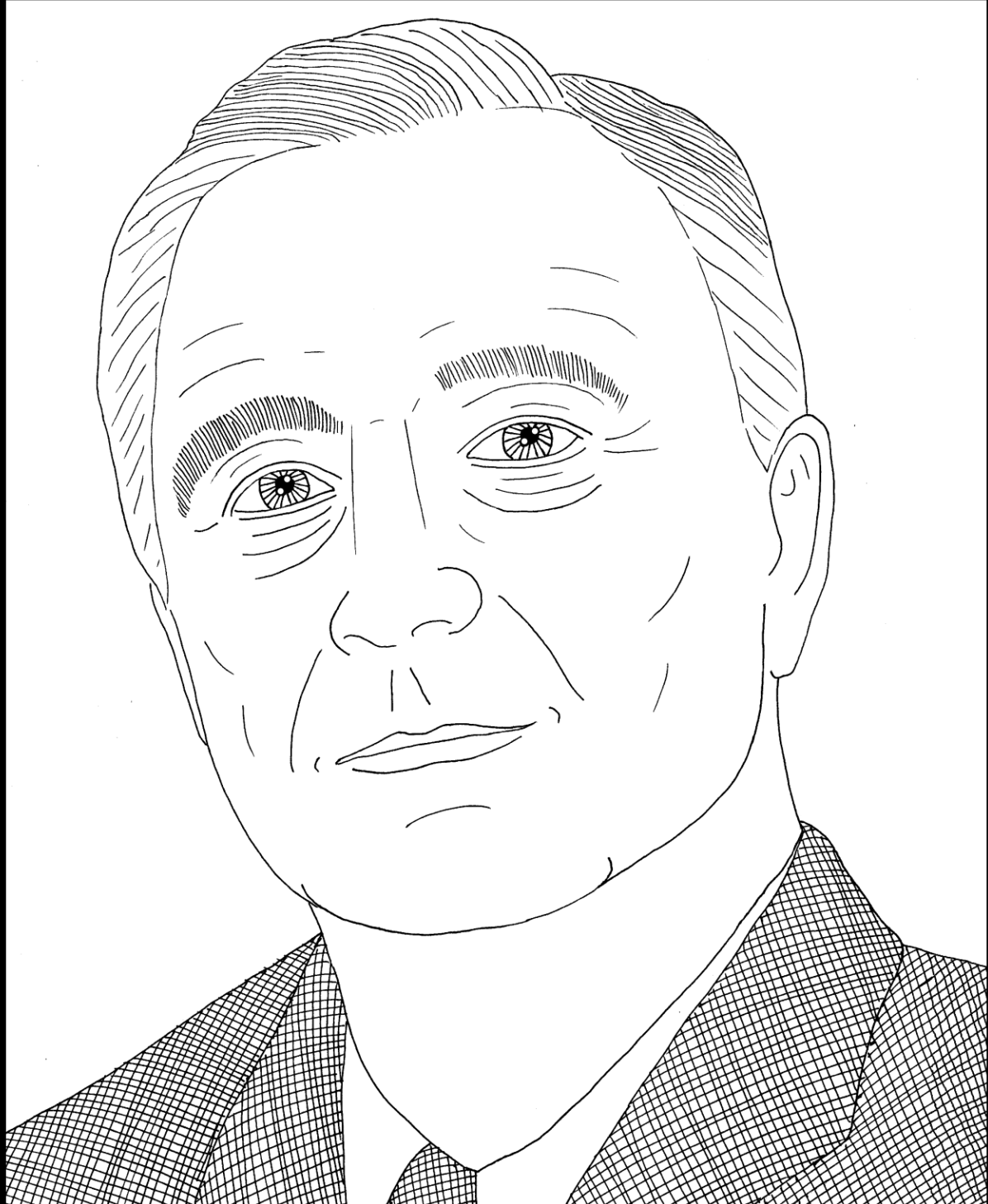
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**"Human kindness has never weakened the stamina
or softened the fiber of a free people.
A nation does not have to be cruel in order to be tough."
-- Franklin D. Roosevelt**

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"The quest for a war-free world has a basic purpose: survival. But if in the process we learn how to achieve it by love rather than by fear, by kindness rather than by compulsion; if in the process we learn to combine the essential with the enjoyable, the expedient with the benevolent, the practical with the beautiful, this will be an extra incentive to embark on this great task."

-- Joseph Rotblat

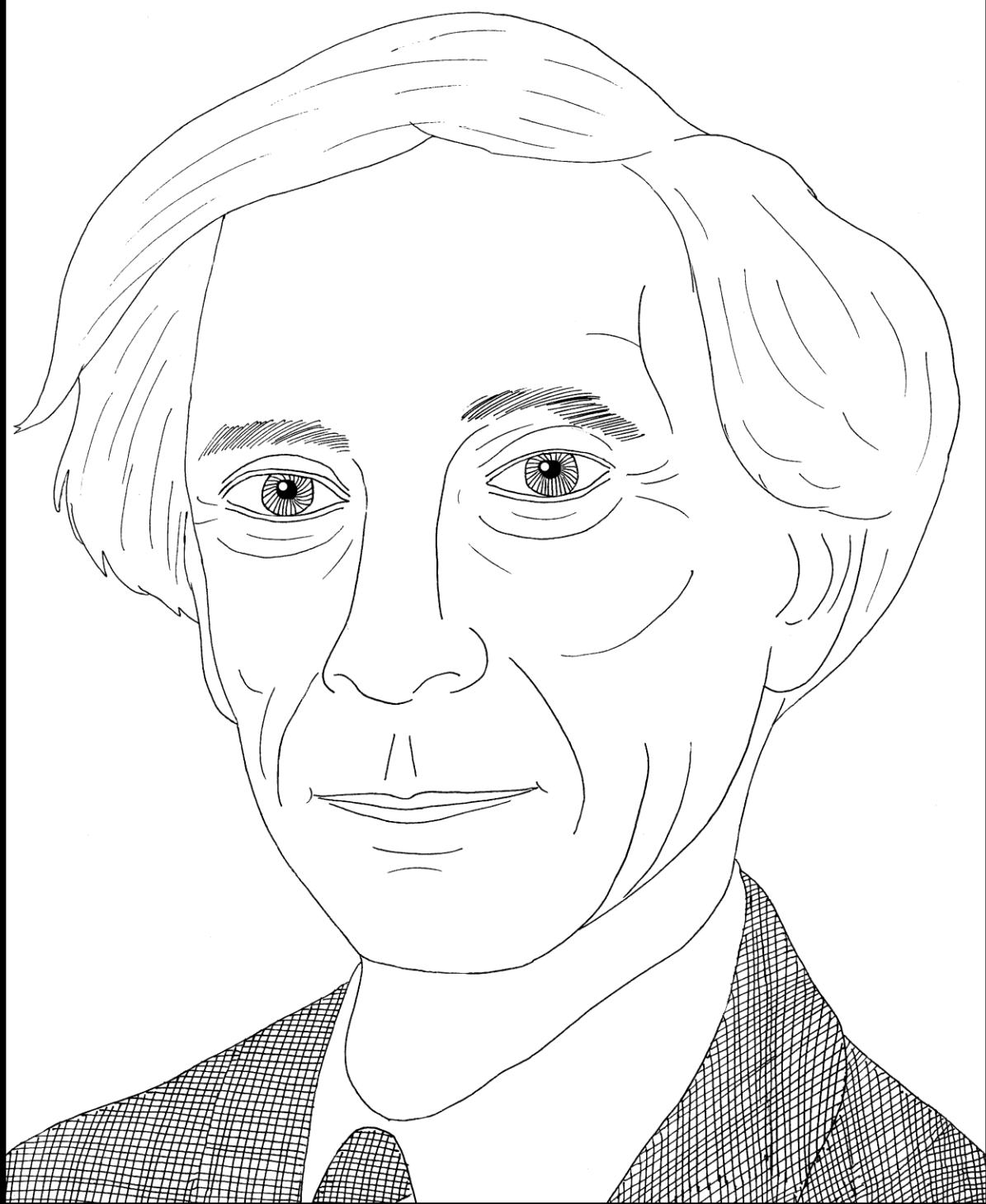
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**"The good life, as I conceive it, is a happy life.
I do not mean that if you are good you will be happy;
I mean that if you are happy you will be good."
-- Bertrand Russell**

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BE A HERO FOR A BETTER WORLD

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

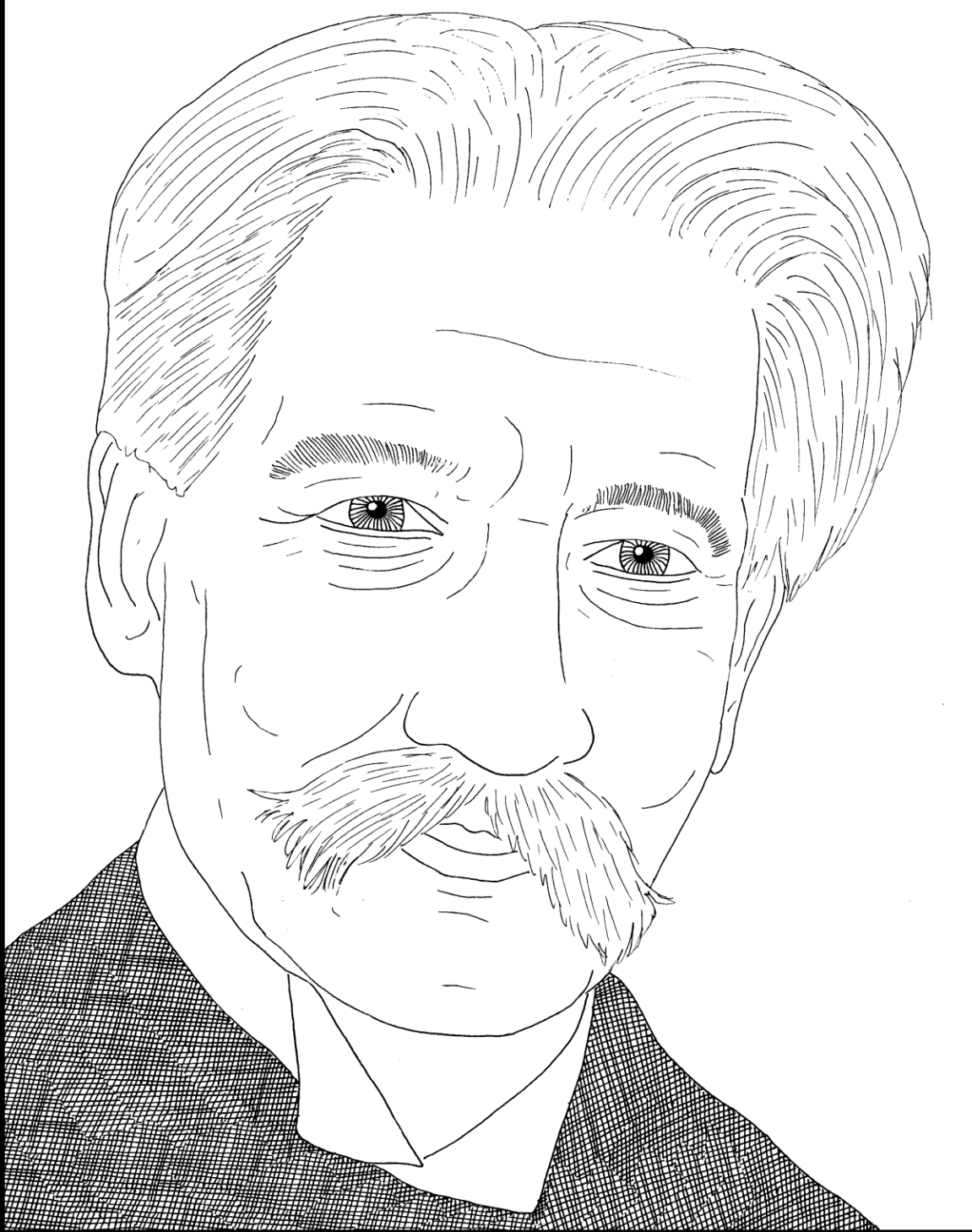
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**"Constant kindness can accomplish much.
As the sun makes ice melt, kindness causes
misunderstanding, mistrust, and hostility to evaporate."
-- Albert Schweitzer**

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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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**"Wars begin in the minds of men, and in those minds,
love and compassion would have built the defenses of peace."
-- U Thant**

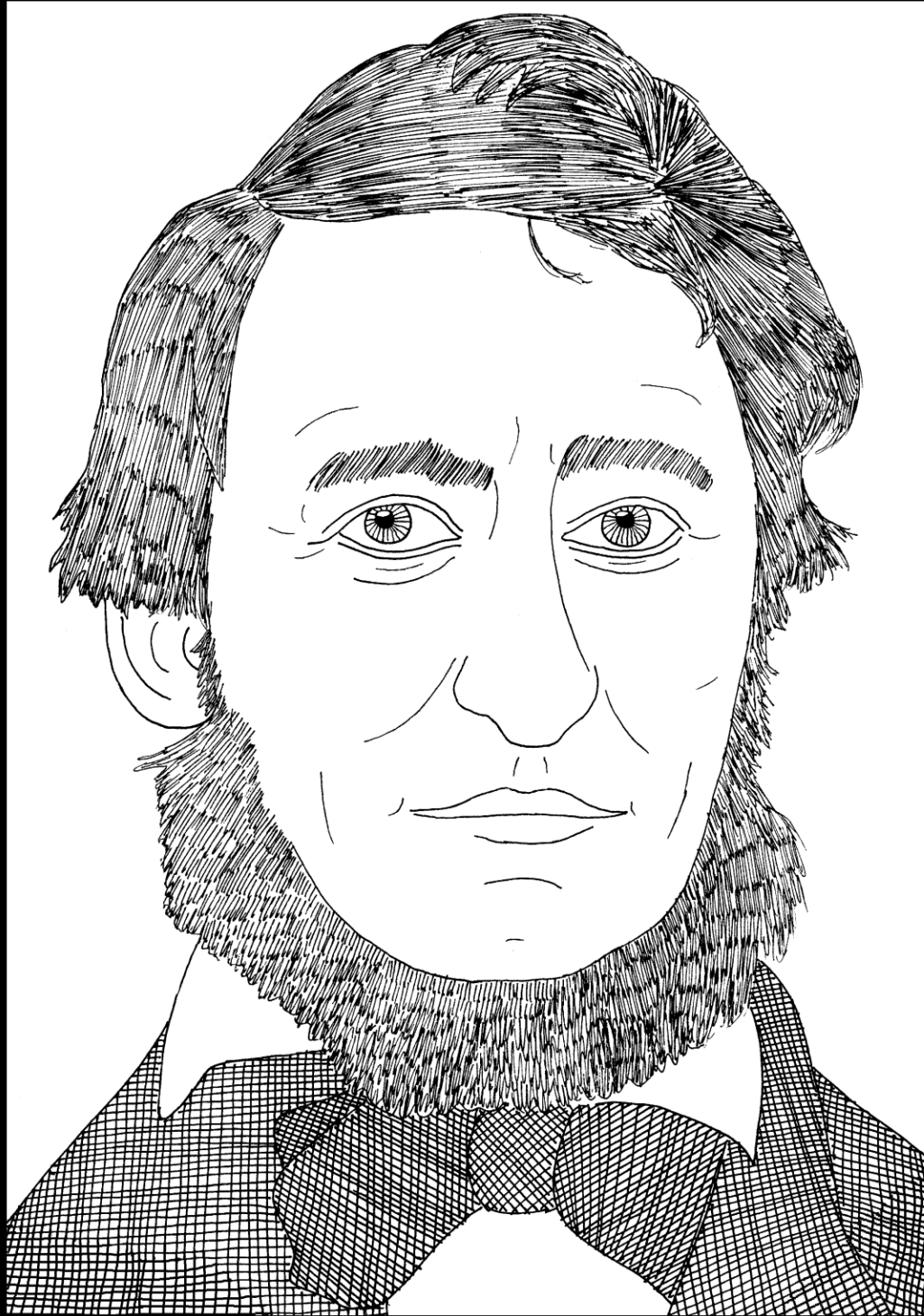
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"Friends . . . They are kind to each other's hopes.
They cherish each other's dreams."
-- Henry David Thoreau

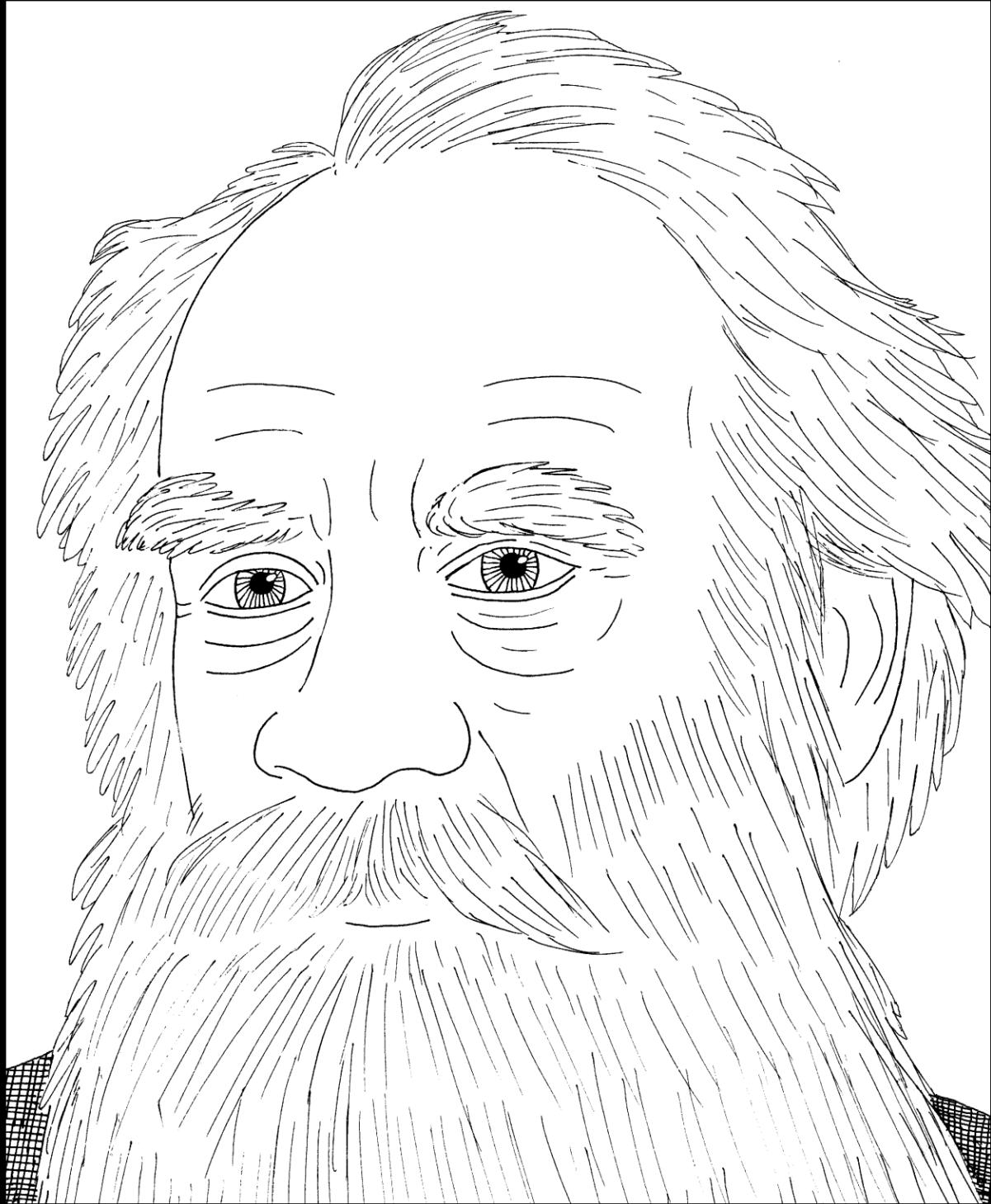
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"The government in which I believe is that which is based on mere moral sanction...the real law lives in the kindness of our hearts. If our hearts are empty, no law or political reform can fill them."

-- Leo Tolstoy

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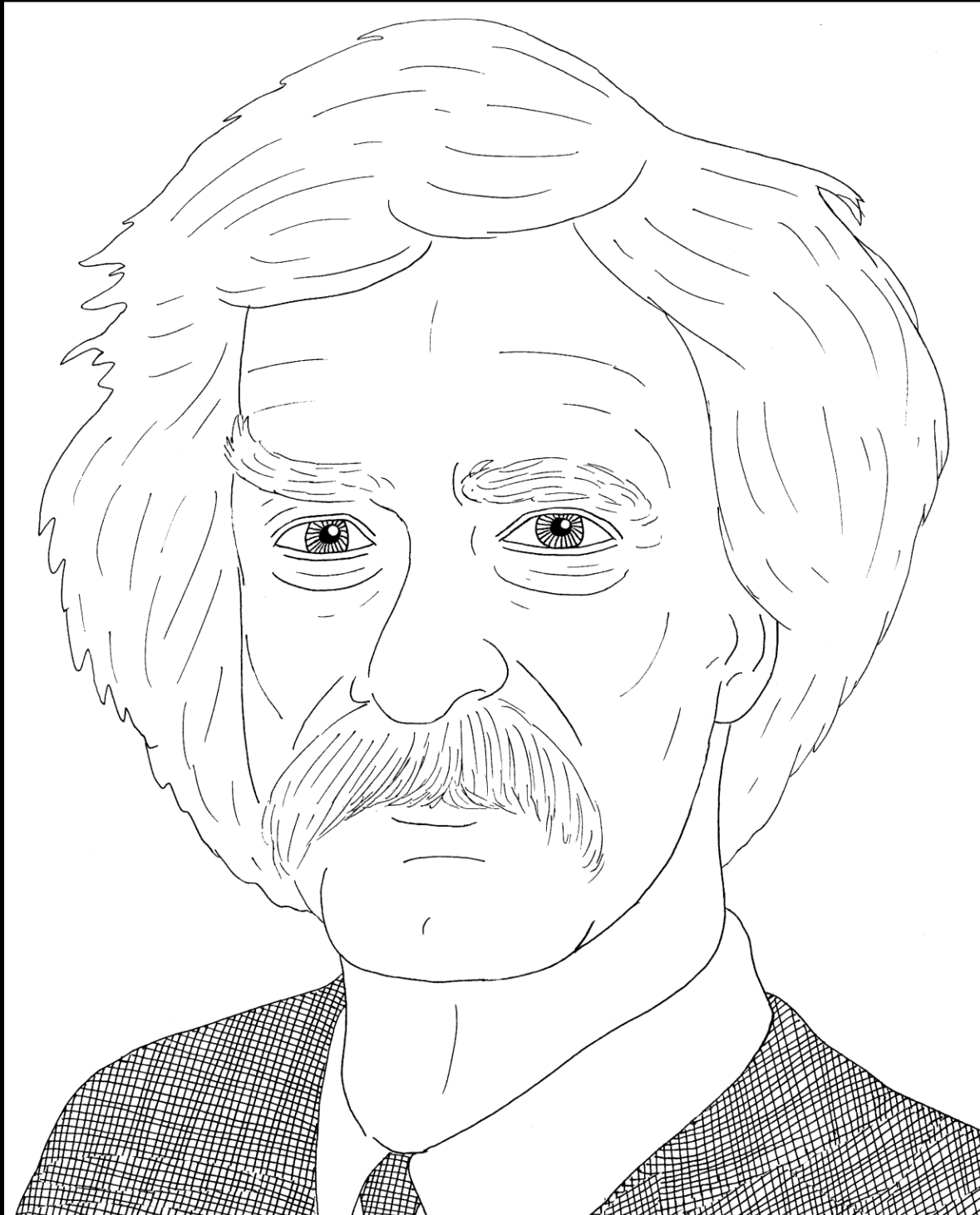
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**"Kindness is the language which the deaf can hear and the blind can see."
-- Mark Twain**

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"After the verb "to love," the verb, "to help"
is the most beautiful verb in the world."

-- Bertha von Suttner

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**"The love of our neighbor in all its fullness simply means being able to say, "What are you going through?"
-- Simone Weil**

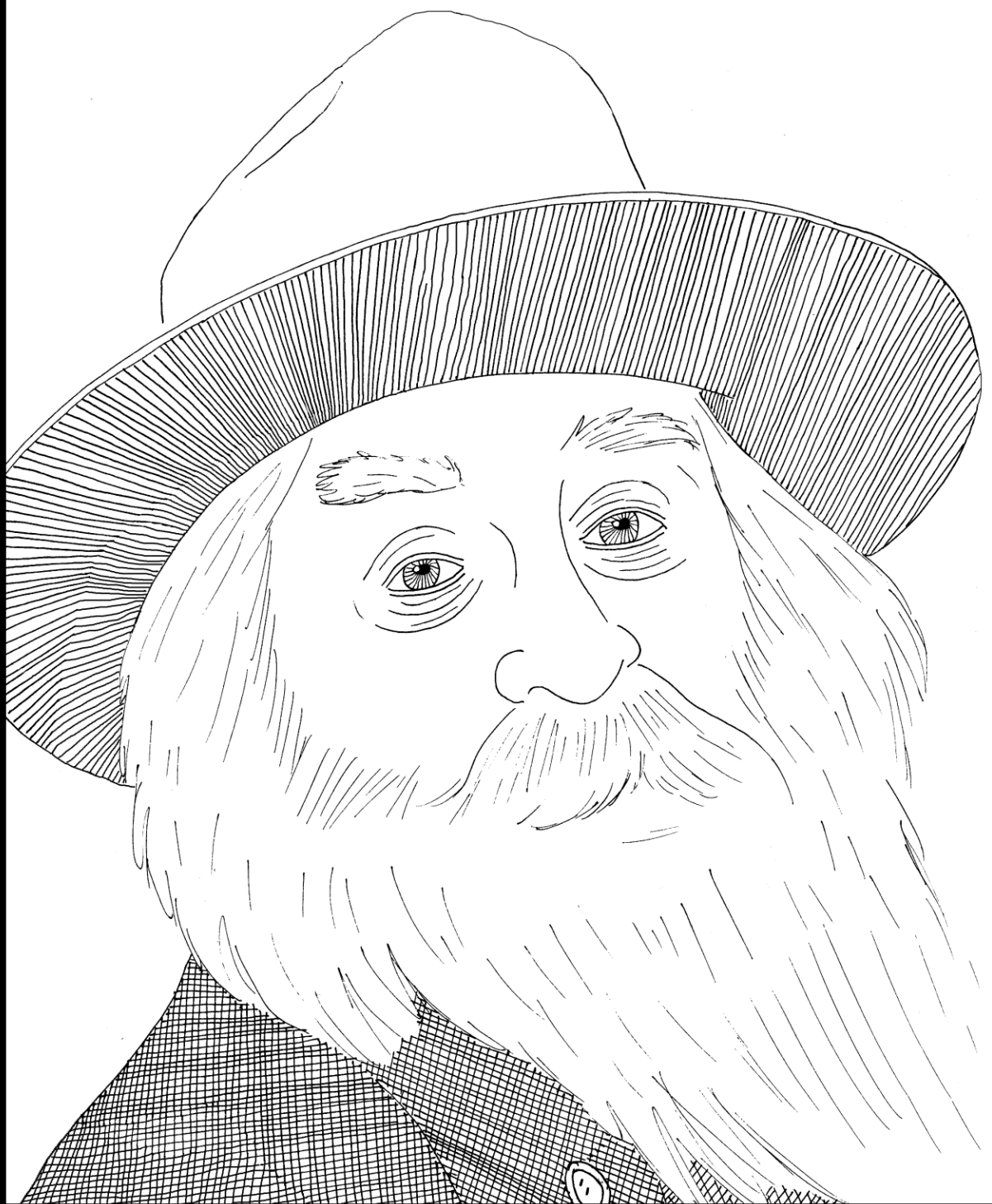
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**"Behold, I do not give lectures or a little charity,
When I give I give myself."
-- Walt Whitman**

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"I'm trying to show by my actions that you can make a far better world if you just care enough. That's all you have to do. It's no big deal. One act of kindness a day can do it."

-- Betty Williams

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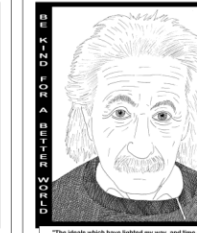



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**"May we not succumb to thoughts of violence and revenge today,
but rather to thoughts of mercy and compassion.
We are to love our enemies that they might be returned to their right minds."
-- Marianne Williamson**

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<p>BE A HERO FOR A BETTER WORLD</p>  <p>"It is the characteristic of the magnificent man to ask no favor but to be ready to do business to others." —Aristotle</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"I feel no need for any other faith than my faith in the goodness of human beings." —Pearl S. Buck</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"When you go in to depend on you being kinder with your companions with the aged, sympathize with the sick and comfort the afflicted by the strong." Believe without doubt, you are the greatest of heroes." —George Washington Carver</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"The radiance is capable of both great compassion and great suffering. He who is called to serve must have the former and engage the latter." —Harriet Beecher Stowe</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"If compassion was the motivating factor behind all of our decisions, would our world not be a completely different place?" —Sheryl Crow</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>"When we hear 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." —Didi Lerner</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Hearts can do great amounts of good... especially for children." —Princess Diana</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Maybe you just had the worst day of your life, but you know there's a miracle. There's no excuse, so just look up and be nice." —Bill George</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"The lights which have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Society, and Truth." —Albert Einstein</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Others have to be kind, but the one that... shows that is every person. When there is death, faith, when there is anger, when there is sadness, when there is a witness, when there is a witness." —Saint Francis of Assisi</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>"He that has done you a kindness will be more ready to do you another than when you yourself have obliged." —Benjamin Franklin</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"The best way to find yourself is to lose yourself in the service of others." —Mohammed Ali</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"What we all have in common is an appreciation of kindness and compassion, all of the religions have. We all have love to love." —Nelson Mandela</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"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." —Helen Keller</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"No one has yet fully realized the wealth of sympathy, kindness and generosity hidden in the heart of a child. The child of every age has education should be to unlock that treasure." —Emma Gold</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Through all we have the face and the smile of an angel within us, we must learn not to make these needs and instead reveal our positive qualities... those of kindness, love and loving kindness." —Thomas Merton</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"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</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"In the end only kindness matters." —Jewel</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"It is my conviction that if the nations of the world... discuss frankly the issues of national security, the human mind will be the result of national cooperation, and in the human mind on the service of our nation and our world." —John F. Kennedy</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Life's most precious and urgent question is, 'What are you doing for others?'" —Martin Luther King Jr.</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Change will not come unless each one of us takes up the only way we can to make those needs and instead reveal our positive qualities... those of kindness, love and loving kindness." —William George Morgan</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"None of us has gotten where we are today by putting ourselves up from our own goodness. We get here because someone truly believes that for some reason what I do is important and meaningful." —Tina Turner</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"If there is one kindness I can show, or any good thing I can do to any father being, let me do it now, and do it right, and I shall not pass this way again." —William Penn</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel to be tough." —Franklin D. Roosevelt</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"When you start to develop your powers of thought and imagination, the whole world opens up to you." —Susan B. Anthony</p> <p>Be a Hero for a Better World - betterworld.net</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Constant kindness can accomplish much. As the sun makes the earth, kindness causes understanding, mutual, and loyalty to prosper." —Albert Schweitzer</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"I do it because I need to service people's compassion and so it becomes really believe that for some reason what I do is important and meaningful." —Kira Bogdanov</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Kind words can be short and easy to speak but their echoes are truly endless." —Mother Teresa</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"Friends... They are kind to each other's hopes. They often cheer others' dreams." —Henry David Thoreau</p> <p>Be a Hero for a Better World - betterworld.net</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>"We are not successful in thoughts of violence and revenge today, but rather in thoughts of mercy and compassion. We're to love to enemies that they might be returned to their right minds." —Martin Luther King Jr.</p> <p>Be a Hero for a Better World - betterworld.net</p>