


BUY NOTHING DAY FRIDAY AFTER THANKSGIVING




MAKE A DIFFERENCE

"We are committed with our lives to building a different model and a different future for humanity, not death and other scenarios. We have managed a moral alternative to economic globalization and we will not rest until we see it realized."
— **Wanda Barlow**

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MAKE A DIFFERENCE

"We do need a new economy, but one that is founded on truth and care, on service and generosity, not on greed and envy. An economy based not on the insatiable and insupportable desire for more, but on the simple principle: We need a passable economy."
— **Wendell Berry**

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MAKE A DIFFERENCE

"The consumption society has made us feel that happiness lies in having things, and has failed to teach us the happiness of not having things."
— **Elise Bruchling**

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MAKE A DIFFERENCE

"The corporations have their way, the Earth will be killed, and that's to your delight. It's exciting to see that we are being trained to work in corporations. It's exciting to see that the corporations are running the world."
— **Dr. Helen Caldwell**

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MAKE A DIFFERENCE

"I think there are a lot of strong leaders around the world who have made very convincing arguments about the wisdom of corporate-led globalization and the damaging nature of alternatives."
— **John Casagrande**

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BUY NOTHING DAY

Friday after Thanksgiving


...make a difference...

Every act of compassion makes a difference!
Start a BetterWorld Club.
Join the BetterWorld Movement.

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MAKE A DIFFERENCE

"The global economy works for about twenty percent of the world, for about eighty percent it doesn't."
— **Kevin Costner**

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MAKE A DIFFERENCE

"The truly powerful find identity in the causes the had loved while they dine on the most raffish delicacy of all: impunity."
— **Robert F. Kennedy**

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MAKE A DIFFERENCE

"When a central institution is basically a system of corporate accumulation, with huge and largely unaccountable private (or publicly-financed) real control over the economy, political systems, and social and cultural life."
— **Naomi Klein**

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MAKE A DIFFERENCE

"Concern for the public good must become the animating force of our economic order."
— **Michael Parenti**

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MAKE A DIFFERENCE

"When the institutions of money rule the world, it is perhaps inevitable that the interests of money will take precedence over the interests of people. What we are experiencing might best be described as a case of money colonizing life."
— **David Foster Wallace**

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MAKE A DIFFERENCE

"It's a measure of the depth of our consumer trance that the death of the planet is so difficult to break."
— **Robin Williams**

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MAKE A DIFFERENCE

"The rise of globalization is a homogenization of cultures, and to turn them into commodified markets, and therefore, to make them easier for global corporations to control."
— **Jerry Mander**

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MAKE A DIFFERENCE

"New political forms for a different kind of society - one based on principles of caring, ethical and spiritual sensitivity, and consumer autonomy. They need for meaning to be in response to their need for economic security."
— **Robin Michael Lester**

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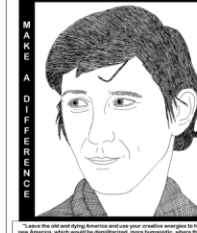


MAKE A DIFFERENCE

"The essence of globalization is a subordination of human rights, of labor rights, consumer, environmental rights, democracy rights, to the imperatives of global trade and investment."
— **Rajpal Habibi**

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MAKE A DIFFERENCE

"Leave the old and bring forward and use your creative energies to build here a new world, which should be developed with compassion, care, and respect for the well-being and future of the community, where the reality is not just green energy for the exploitation of the people, and empty promises of a new chapter of life and death, meant to be ecological balance with the environment."
— **Pat O'Neil**

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MAKE A DIFFERENCE

"The rapid growth of material consumption in a finite world is an impossibility."
— **E. F. Schumacher**

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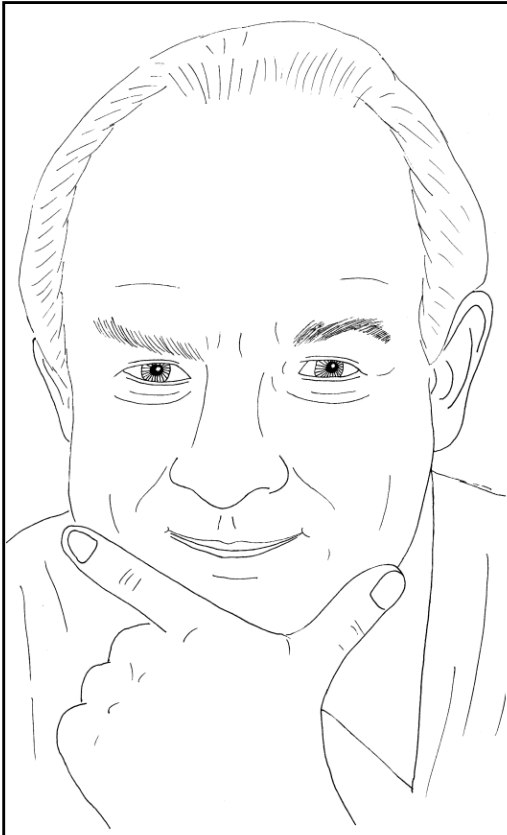
MAKE A DIFFERENCE

"The work, the beyond, the refusal to serve, the ability to perceive the functioning of a complex social structure these remain potent weapons against the most faceless state or corporate power."
— **Howard Zinn**

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BUY NOTHING DAY

FRIDAY AFTER THANKSGIVING



"Driving hybrid cars and limiting industrial emissions is great, but they are band-aid solutions if we don't address the core problem: we have to consume less. This is the message of Buy Nothing Day."
-- Kalle Lasn

The global economy, which sees people as nothing more than consumers, is a runaway train that is causing more and more suffering in the world. The current 'profit before people' system is causing the gap between the very rich and the very poor to grow larger each year. Nothing symbolizes our society's emphasis on consumption more than "Black Friday" -- the day after Thanksgiving, when the media tells us we should begin the holiday season by waking up early and rushing out to the stores to BUY, BUY, BUY.

Around the world, many have decided to take a stand and use the day after Thanksgiving to organize **Buy Nothing Day** events and activities to raise awareness about the choices that we have to live our lives more simply and sustainably.

By purposely not buying anything on Buy Nothing Day, we have an opportunity to let our friends and communities know that we can help to create a more just and sustainable economic system that puts people and the planet before profits.

Money, when used for good, can help change the world. Put your resources to work for a better world on the other 364 days of the year. Be conscious of the way you spend your money. Purchase Fair Trade products - products that are supplied by workers and growers who are paid fair wages, and work in safe conditions. Support socially responsible businesses by purchasing their products and investing in them.

Demand corporate responsibility -- with our purchasing power, we can force corporations to manufacture and distribute their goods in ways that respect workers and protect our planet. Support local currencies and cooperatives. These are all tangible ways that we can use our economic resources to "buy a better world" and transform the global economy.

Be A Hero For A Better World!

1. Find out more about simplicity, sustainability and a better world economy
2. Try not to buy anything on **BUY NOTHING DAY**
3. Be conscious of the way you spend your money the rest of the year

BetterWorld Economy Links

- Adbusters (adbusters.com)
- Alternatives for Simple Living (simpleliving.org)
- BetterWorld Shopper (betterworldshopper.org)
- Church of Stop Shopping (revbilly.org)
- CoOp America (coopamerica.org)
- Global Exchange (globalexchange.org)
- Intl. Forum on Globalization (ifg.org)

For more information: www.betterworldcalendar.com/buynothingday.htm

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BUY NOTHING DAY

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"What made traditional economies so radically different and so very fundamentally dangerous to Western economies were the traditional principles of prosperity of Creation versus scarcity of resources, of sharing and distribution versus accumulation and greed, of kinship usage rights versus individual exclusive ownership rights, and of sustainability versus growth." -- Rebecca Adamson

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"We are committed with our lives to building a different model and a different future for humanity, the Earth, and other species. We have envisaged a moral alternative to economic globalization and we will not rest until we see it realized."

-- Maude Barlow

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**"It is the heart that makes a man rich. He is rich according to what he is, not according to what he has."
-- Henry Ward Beecher**

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We Have Got To Bring Corporate America To Its Knees"
-- Harry Belafonte

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"Changing the structure and rules of the global economy will require a mass movement based on messages of compassion, justice, and equality, as well as collaborative and democratic processes."

-- Medea Benjamin

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"We do need a 'new economy,' but one that is founded on thrift and care, on saving and conserving, not on excess and waste. An economy based on waste is inherently and hopelessly violent, and war is its inevitable by-product. We need a peaceable economy." -- Wendell Berry

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"I relish simplicity as an all-comprehensive value."
-- Ela Bhatt

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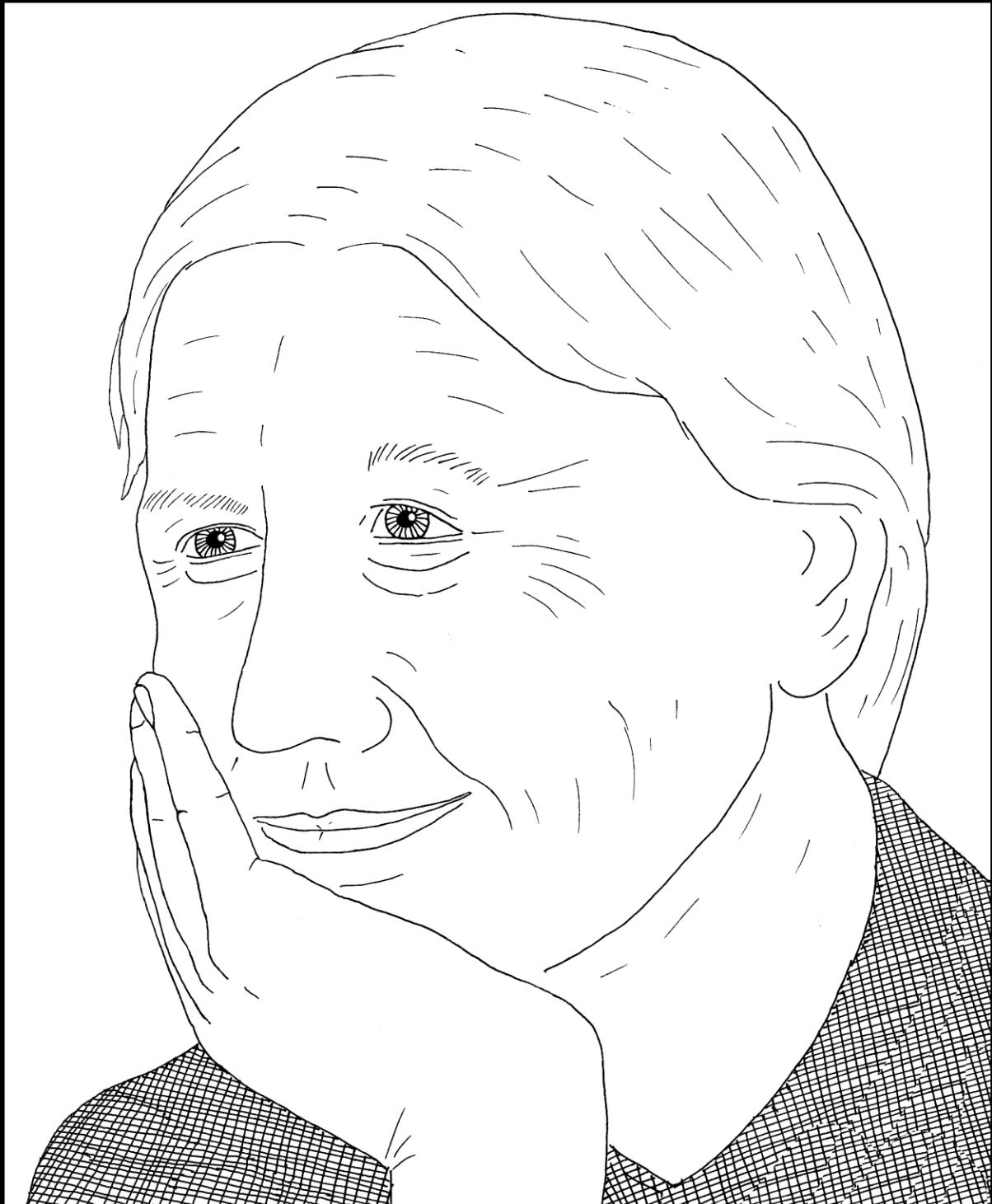
BUY NOTHING DAY

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"The consumption society has made us feel that happiness lies in having things, and has failed to teach us the happiness of not having things."
-- Elise Boulding

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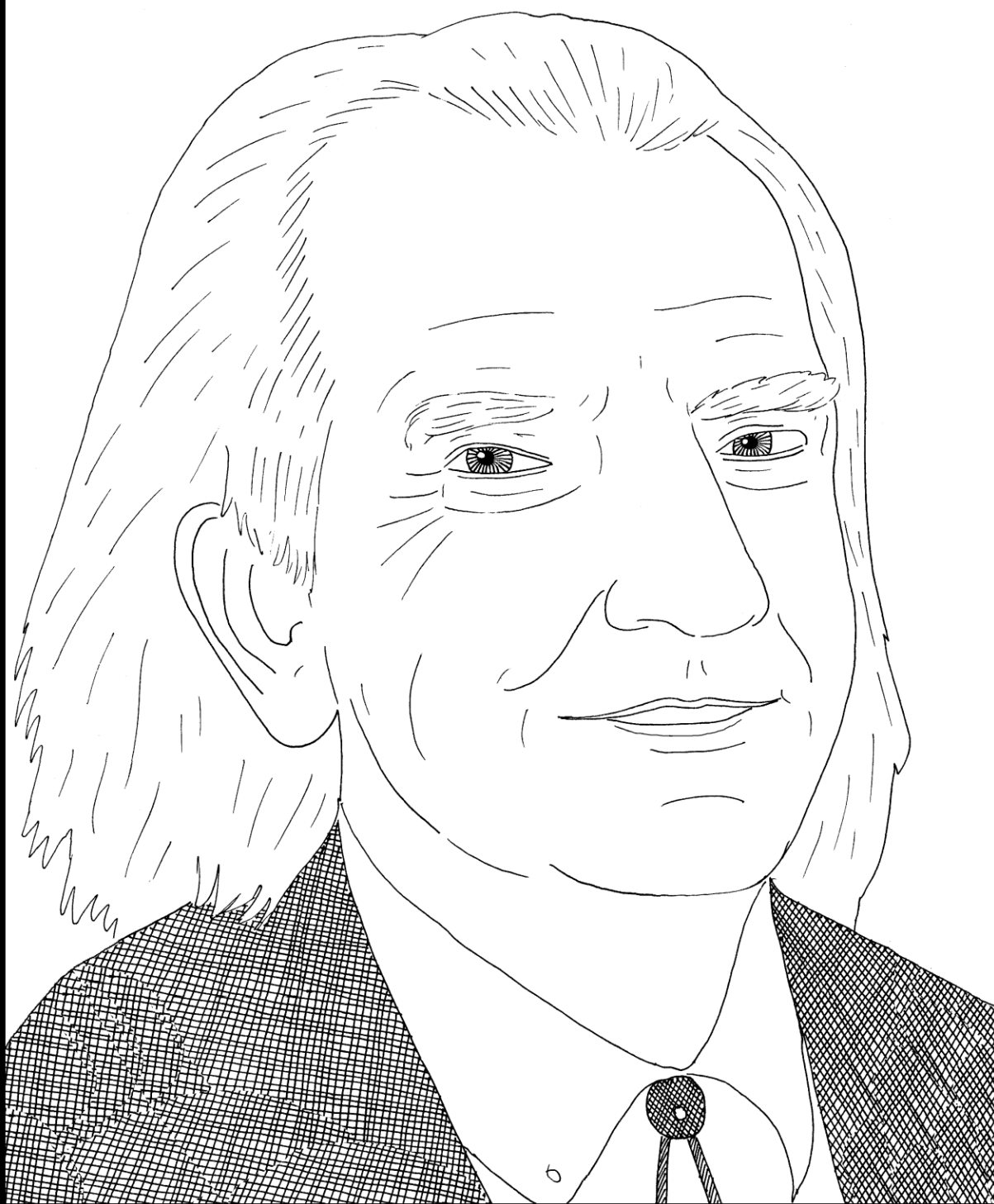
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BUY NOTHING DAY

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"Economics has been incurably growth-oriented and addicted to everybody growing richer, even at the cost of exhaustion of resources and pollution of the environment."

-- Kenneth Boulding

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"If the corporations have their way, the Earth will be killed, and that's in your lifetime. It's revolting to me that students are being trained to work in corporations. It's obscene to me that the corporations are running the world."
-- Dr. Helen Caldicott

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"I think there are a lot of strong leaders around the world who have made very convincing arguments about the weakness of corporate-led globalization and the compelling nature of alternatives."

-- John Cavanagh

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"What is called 'capitalism' is basically a system of corporate mercantilism, with huge and largely unaccountable private tyrannies exercising vast control over the economy, political systems, and social and cultural life..."

-- Noam Chomsky

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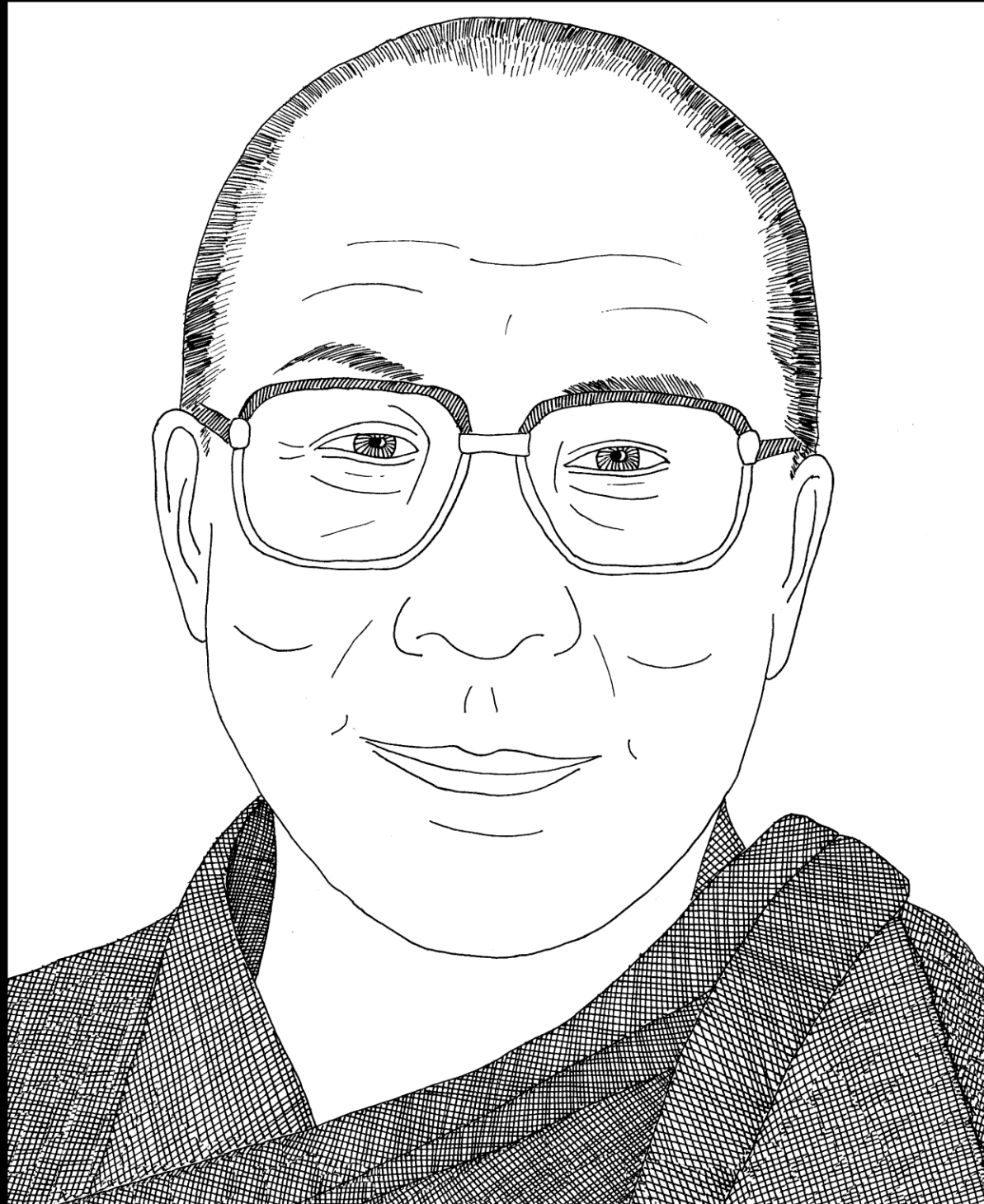
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"If one's life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, feeling satisfied with what you have, is very vital..."

-- The Dalai Lama

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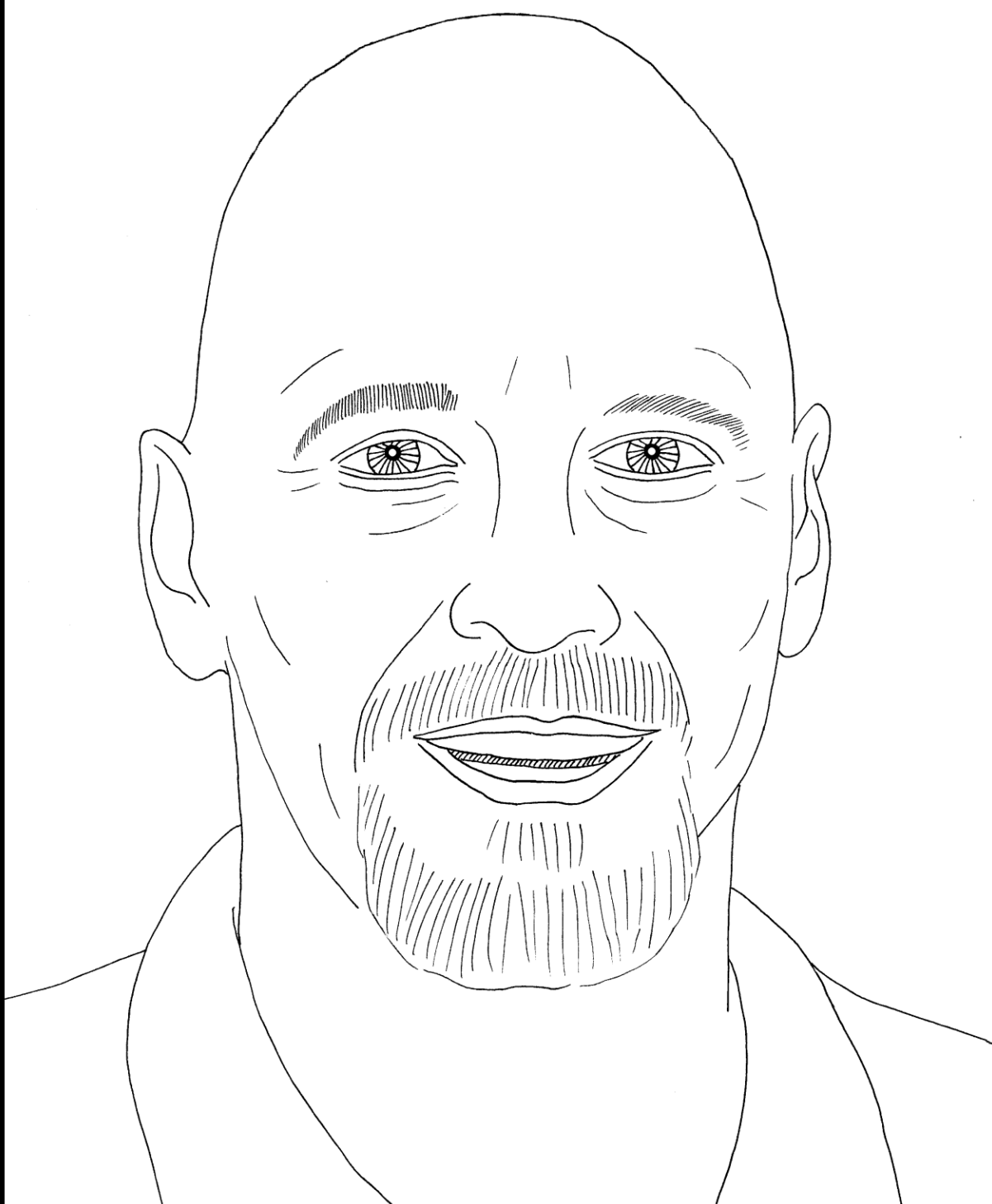
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"The global economy works for about twenty percent
of the world, for about eighty percent it doesn't."

-- Kevin Danaher

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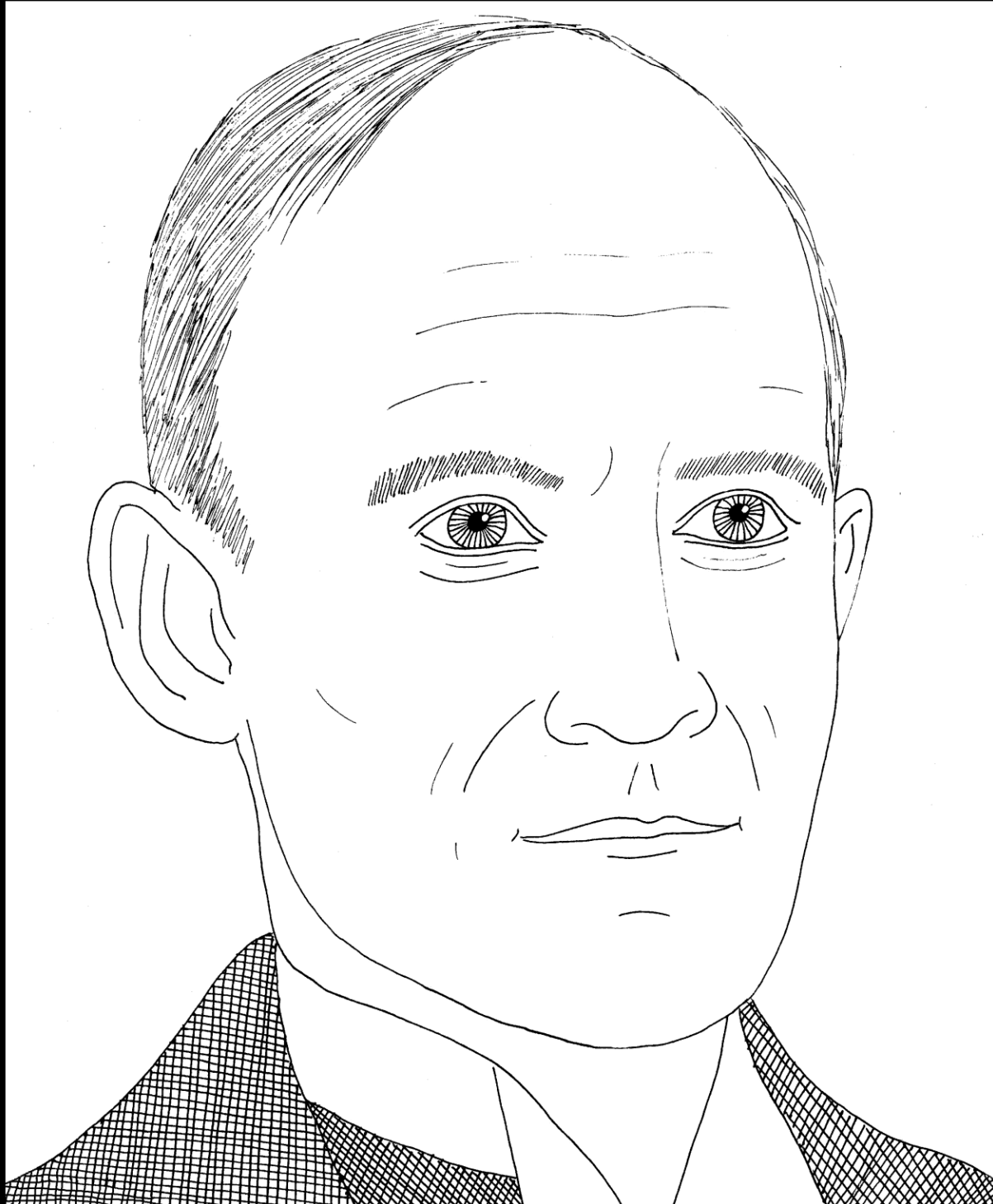
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"We want a system in which the worker shall get what he produces and the capitalist shall produce what he gets."

-- Eugene V. Debs

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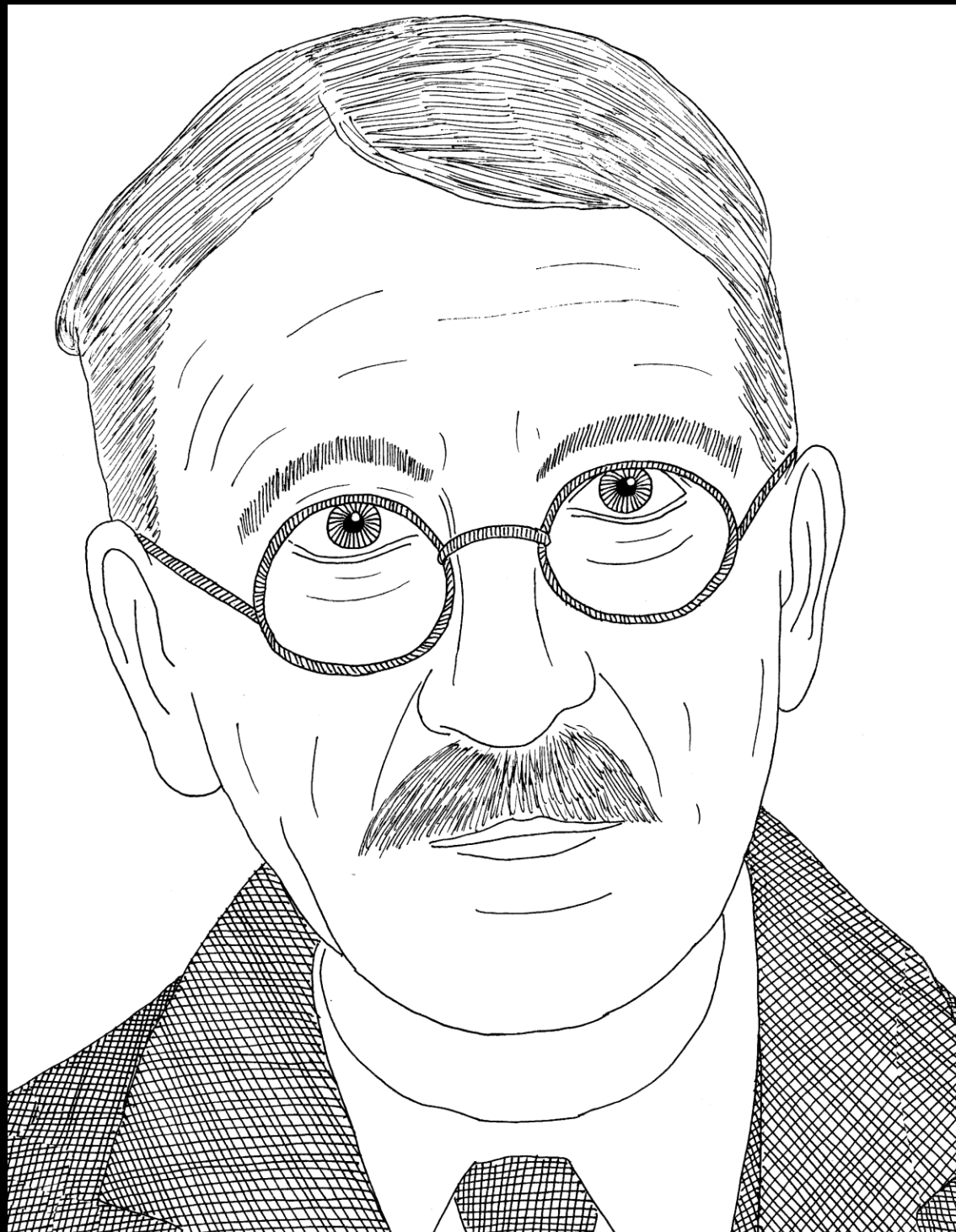
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"The ultimate aim of production is not production of goods but the production of free human beings associated with one another on terms of equality."

-- John Dewey

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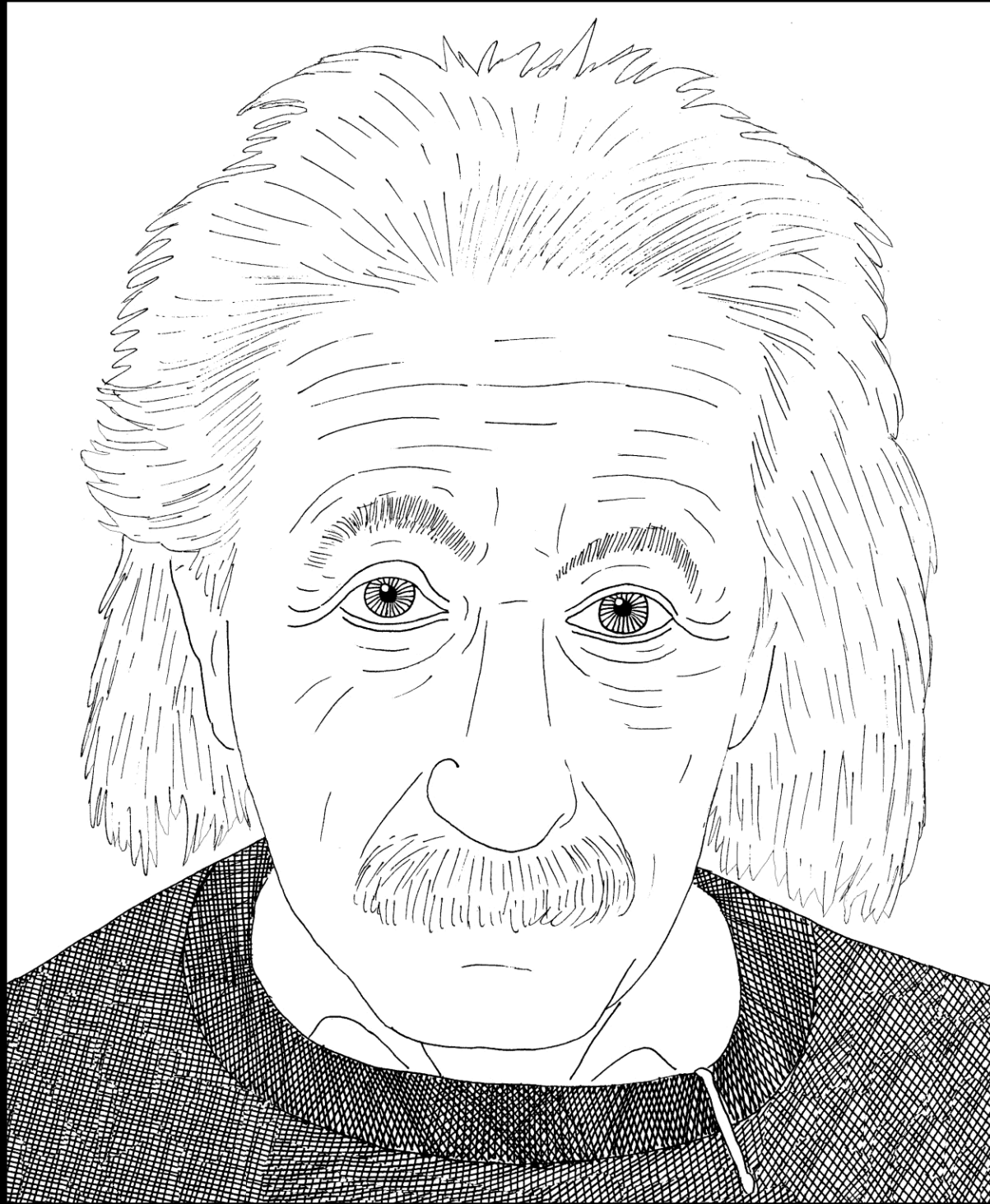
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**"I believe that a simple and unassuming manner of life
is best for everyone, best both for the body and the mind."**

-- Albert Einstein

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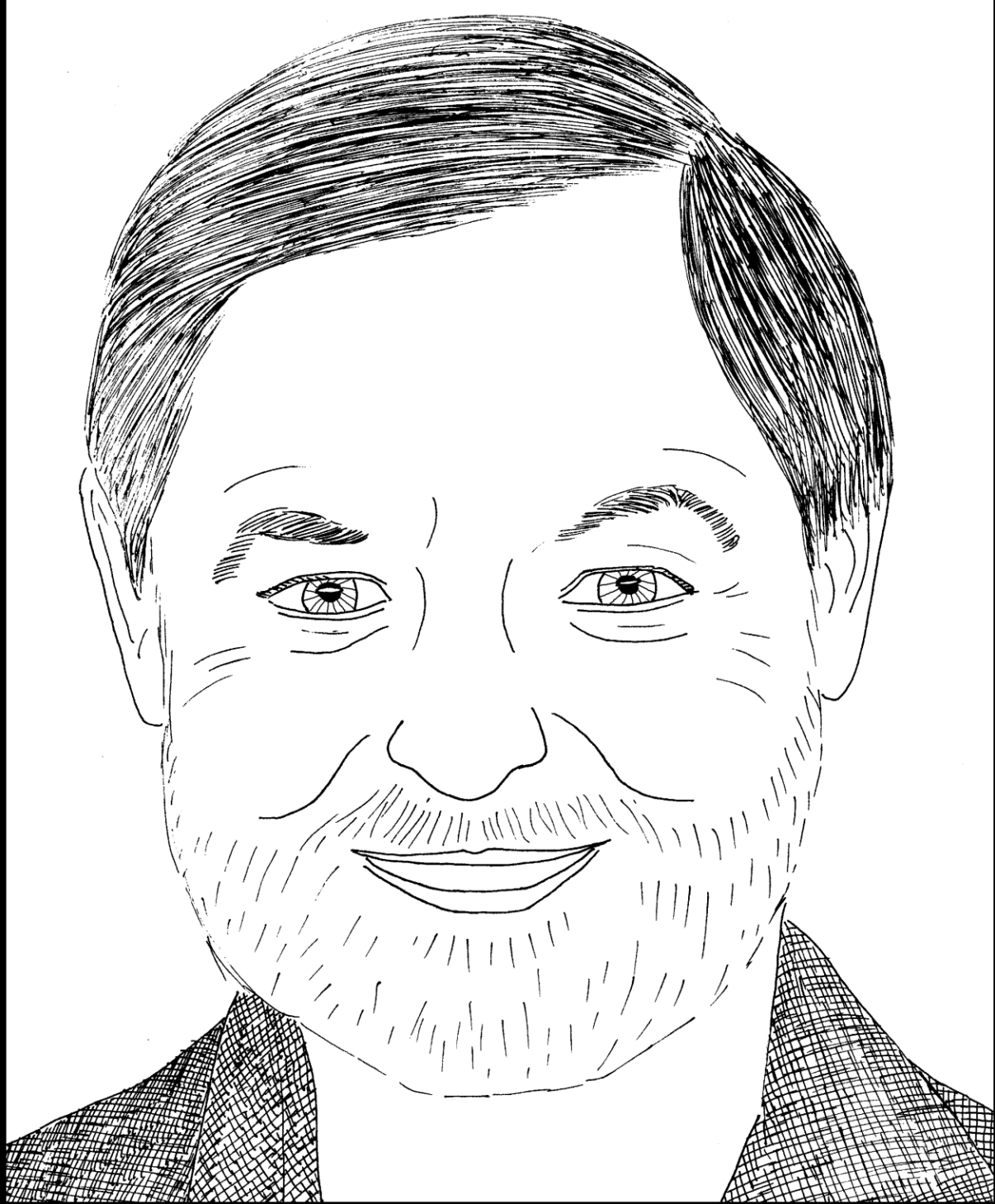
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"The intention of this way of life [voluntary simplicity] is not to dogmatically live with less. It's a more demanding intention of living with balance. This is a middle way that moves between the extremes of poverty and indulgence."

-- Duane Elgin

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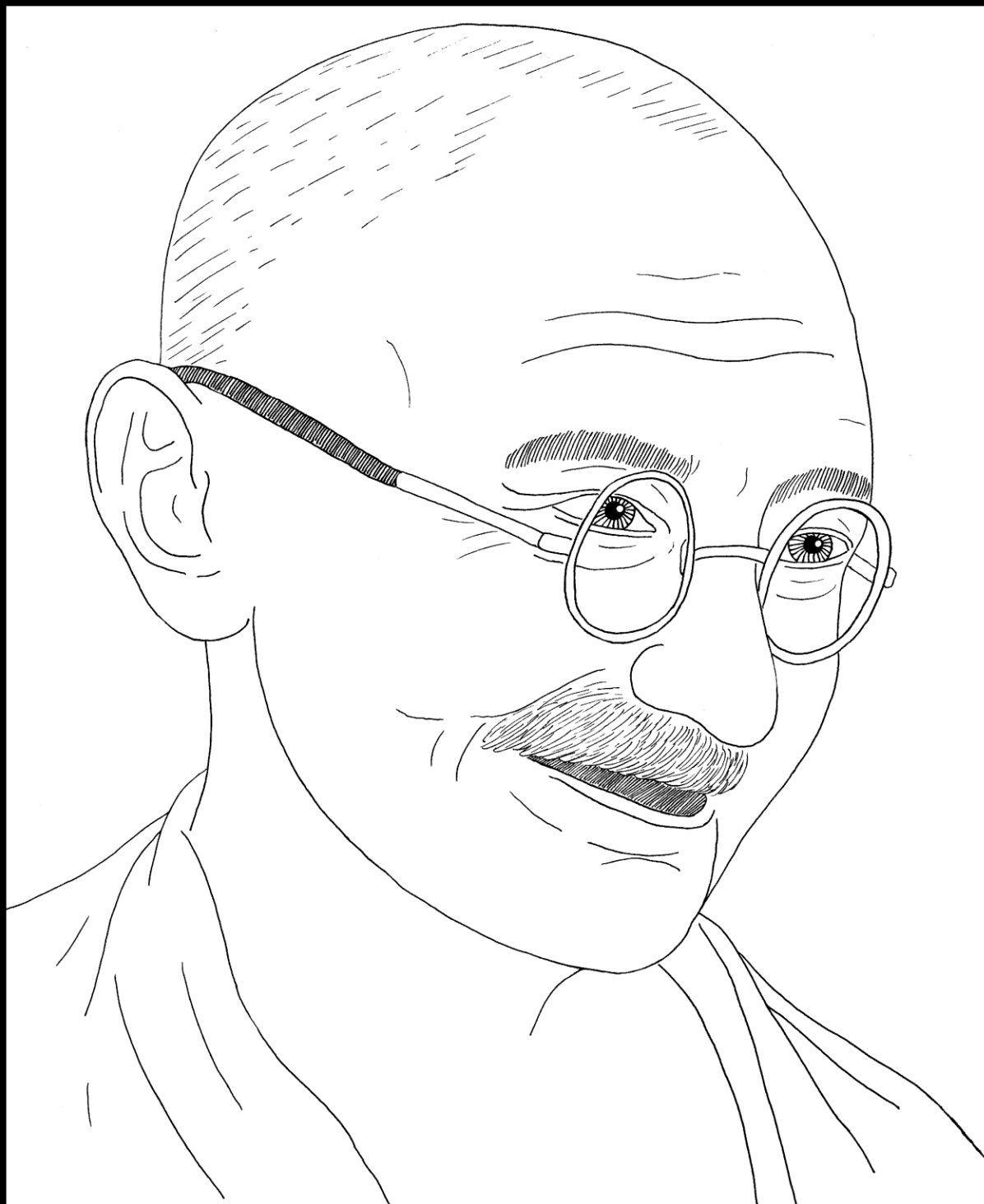
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**"There's enough on this planet for everyone's needs
but not for everyone's greed."**

-- Mohandas Gandhi

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"The future belongs to those who understand that doing more with less is compassionate, prosperous, and enduring, and thus more intelligent, even competitive."

-- Paul Hawken

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**"I feel more confident than ever that the power
to save the planet rests with the individual consumer."
-- Denis Hayes**

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"Economic policy turns out to be the most important environmental policy."
-- Randy Hayes

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**"Concern for the public good must become
the animating force of our economic order."
-- Marjorie Kelly**

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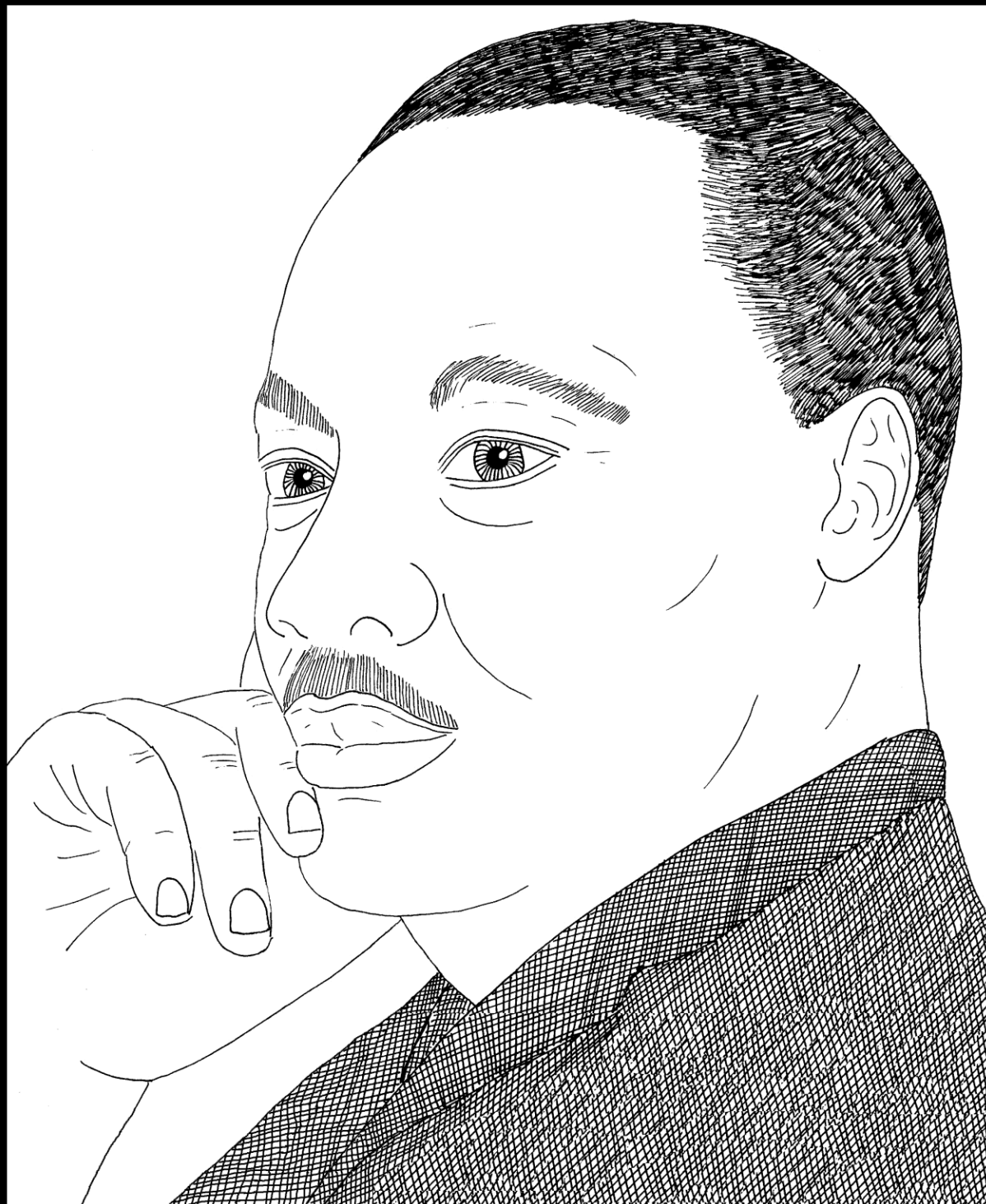
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"We must recognize that we can't solve our problems now until there is a radical redistribution of economic and political power..."
-- Martin Luther King, Jr.

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"The truly powerful feed ideology to the masses like fast food while they dine on the most rarified delicacy of all: impunity."

-- Naomi Klein

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"When the institutions of money rule the world, it is perhaps inevitable that the interests of money will take precedence over the interests of people. What we are experiencing might best be described as a case of money colonizing life."

-- David Korten

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"Many Americans hunger for a different kind of society -- one based on principles of caring, ethical and spiritual sensitivity, and communal solidarity. Their need for meaning is just as intense as their need for economic security."

-- Rabbi Michael Lerner

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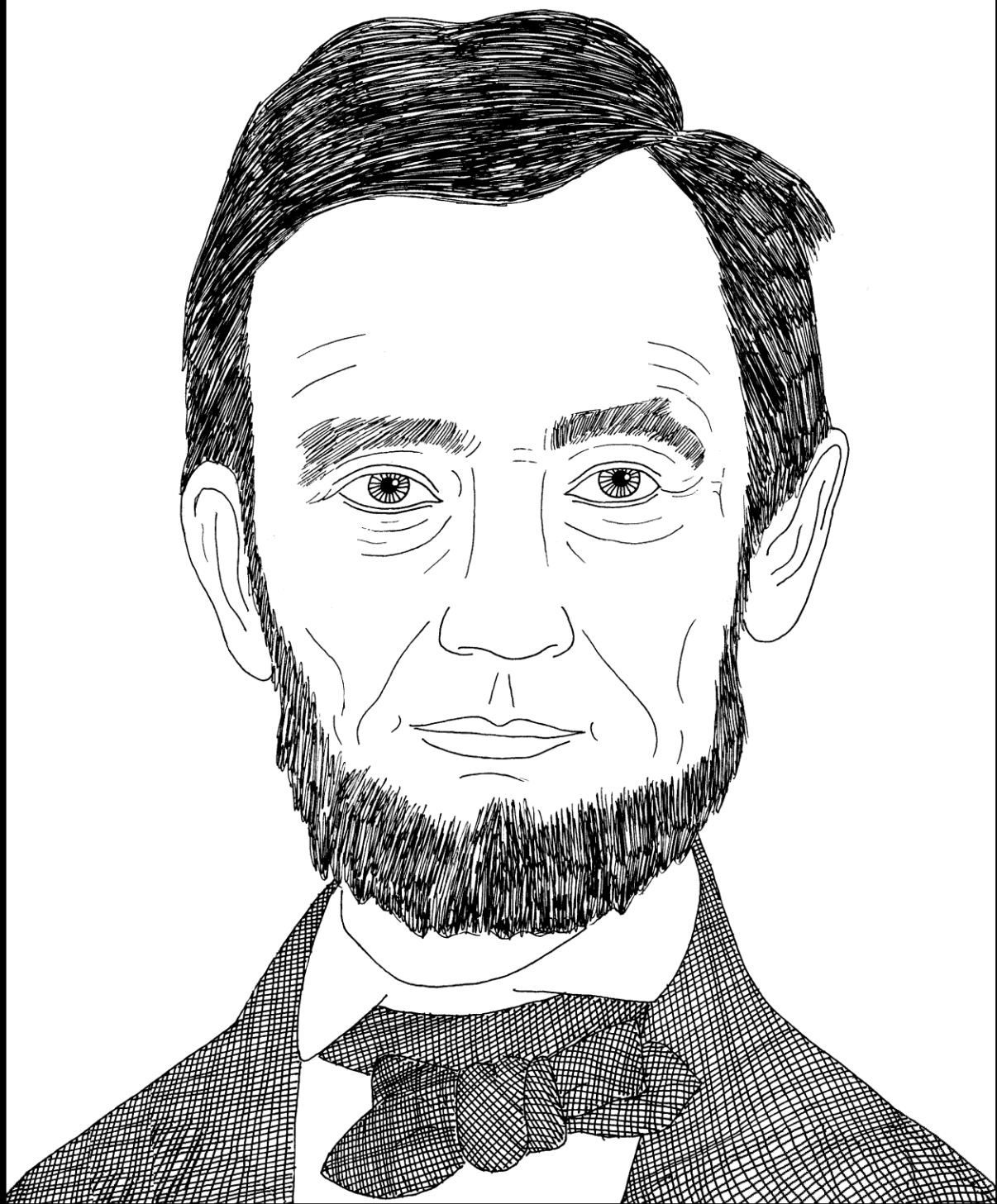
BUY NOTHING DAY

FRIDAY AFTER THANKSGIVING

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"...corporations have been enthroned and an era of corruption in high places will follow, and the money of the country will endeavor to prolong its reign by working upon the prejudices of the people until all wealth is aggregated in a few hands and the Republic is destroyed."

-- Abraham Lincoln

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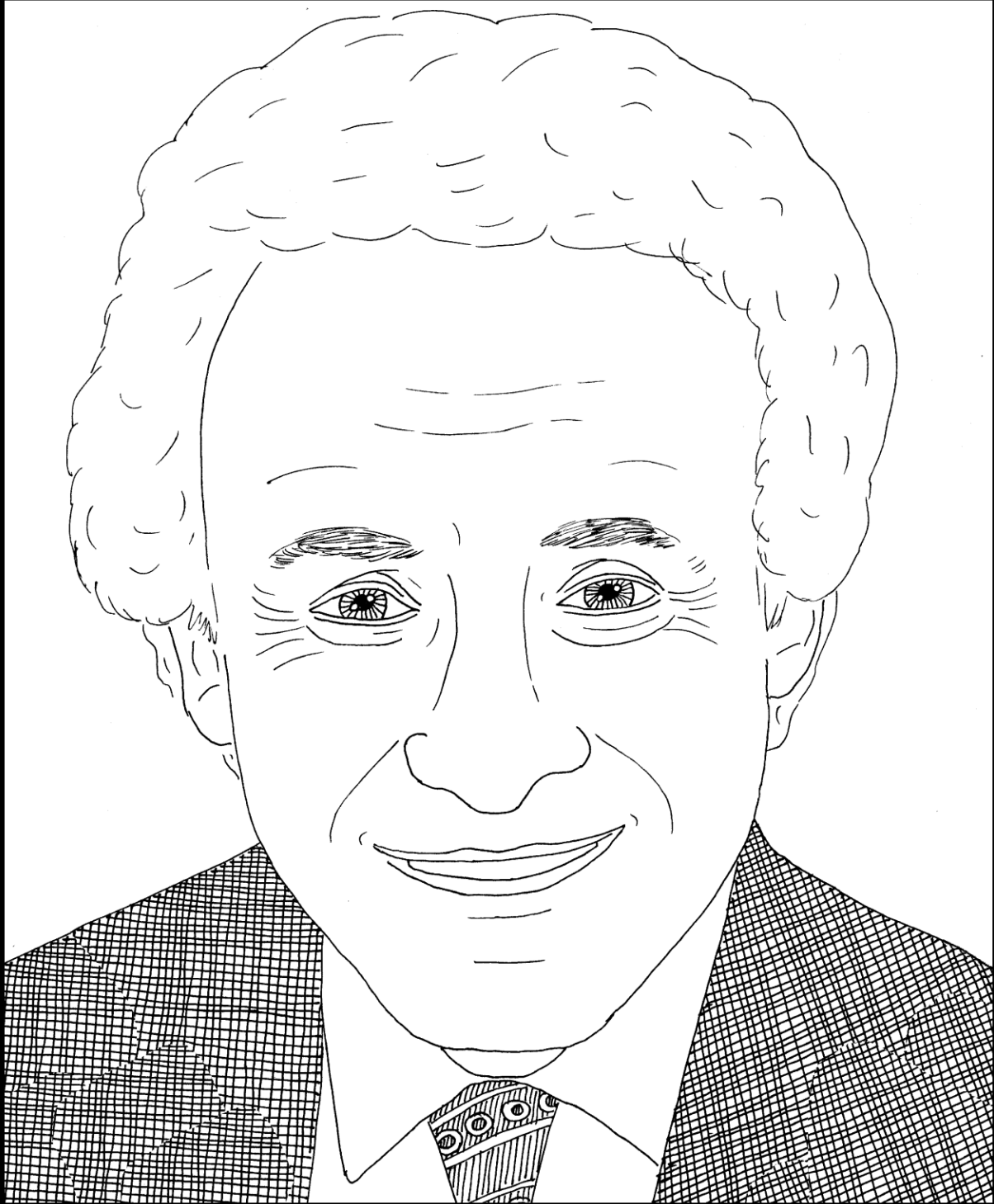
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BUY NOTHING DAY

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"The role of globalization is to homogenize all cultures, and to turn them into commodified markets, and therefore, to make them easier for global corporations to control."

-- Jerry Mander

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"The political system is not for the people. The people are secondary to the economy. It's about what generates money, not about what benefits the people."

-- Ziggy Marley

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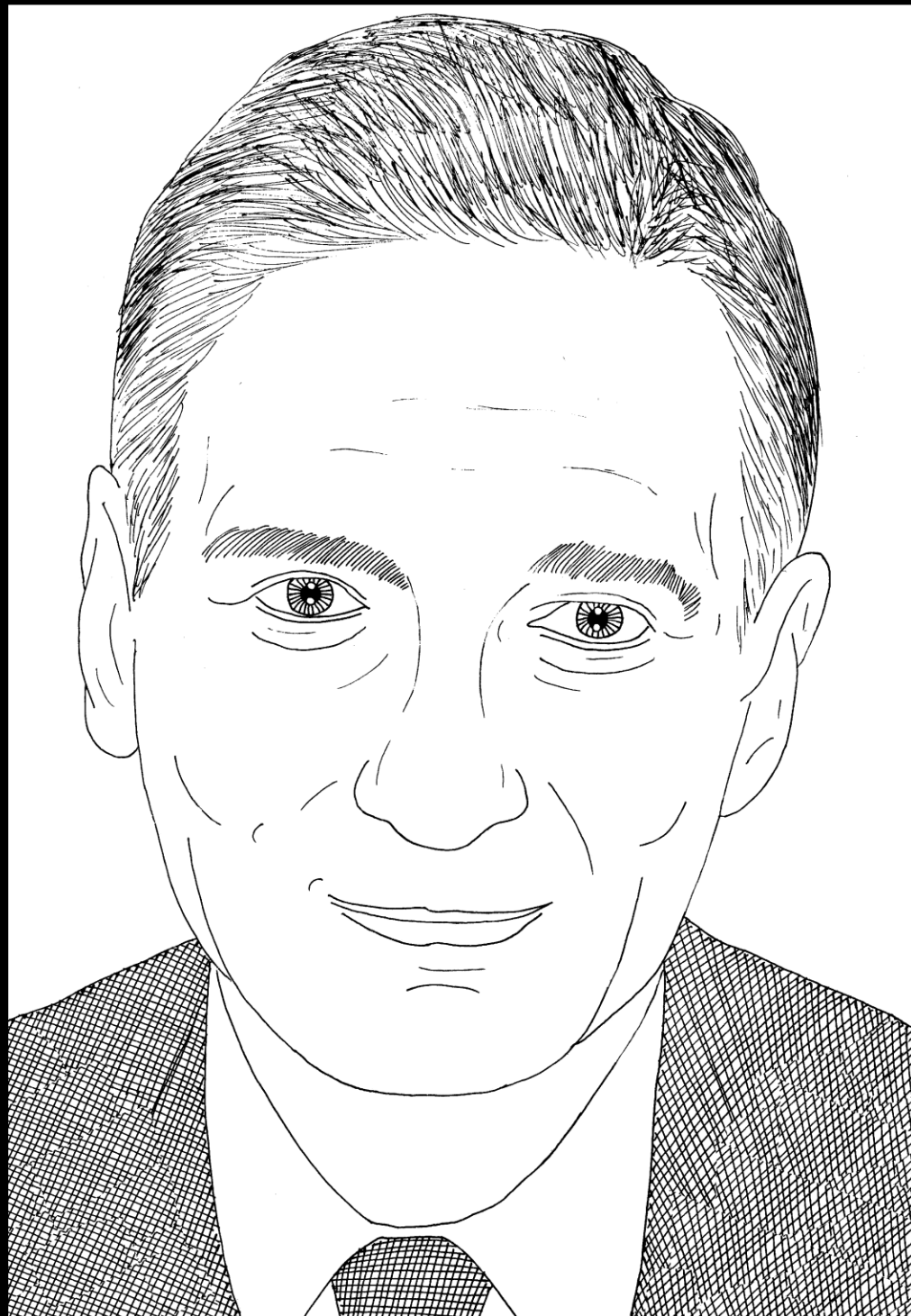
BUY NOTHING DAY

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"The essence of globalization is a subordination of human rights, of labor rights, consumer, environmental rights, democracy rights, to the imperatives of global trade and investment."

-- Ralph Nader

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BUY NOTHING DAY

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"We live in such a corporate world where everyone is passing the buck, it seems to me. Therefore I like stories where the individual takes responsibility for BEING the individual, and not just for himself, but for his comrades, his society and ultimately for his country. Ultimately, we can all learn a lesson from that and not be browbeaten by the corporate world which is taking over." -- Liam Neeson

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"Leave the old and dying America and use your creative energies to help form a new America, which would be demilitarized, more humanistic, where the police are less hostile and closer to the community, where the wealthy are not given unleashed power for the exploitation of the people, and mostly because it's now a matter of life and death, reassert an ecological balance with the environment..." -- Phil Ochs

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**"Too many people spend money they haven't earned,
to buy things they don't want, to impress people they don't like."
-- Will Rogers**

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"A little simplification would be the first step toward rational living, I think."
-- Eleanor Roosevelt

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"The Globalization of humanity is a natural, biological, evolutionary process. Yet we face an enormous crisis because the most central and important aspect of globalization - its economy - is currently being organized in a manner that so gravely violates the fundamental principles by which healthy living systems are organized that it threatens the demise of our whole civilization." -- Elisabet Sahtouris

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**"Infinite growth of material consumption
in a finite world is an impossibility."**

-- E. F. Schumacher

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"It's not funny at all that we do all that advertising for children. Why is advertising for children allowed? What possible reason can there be for having those effing adverts on ITV for all this crap that's made by poor people in poor countries that we sell our children who have too much?"

-- Emma Thompson

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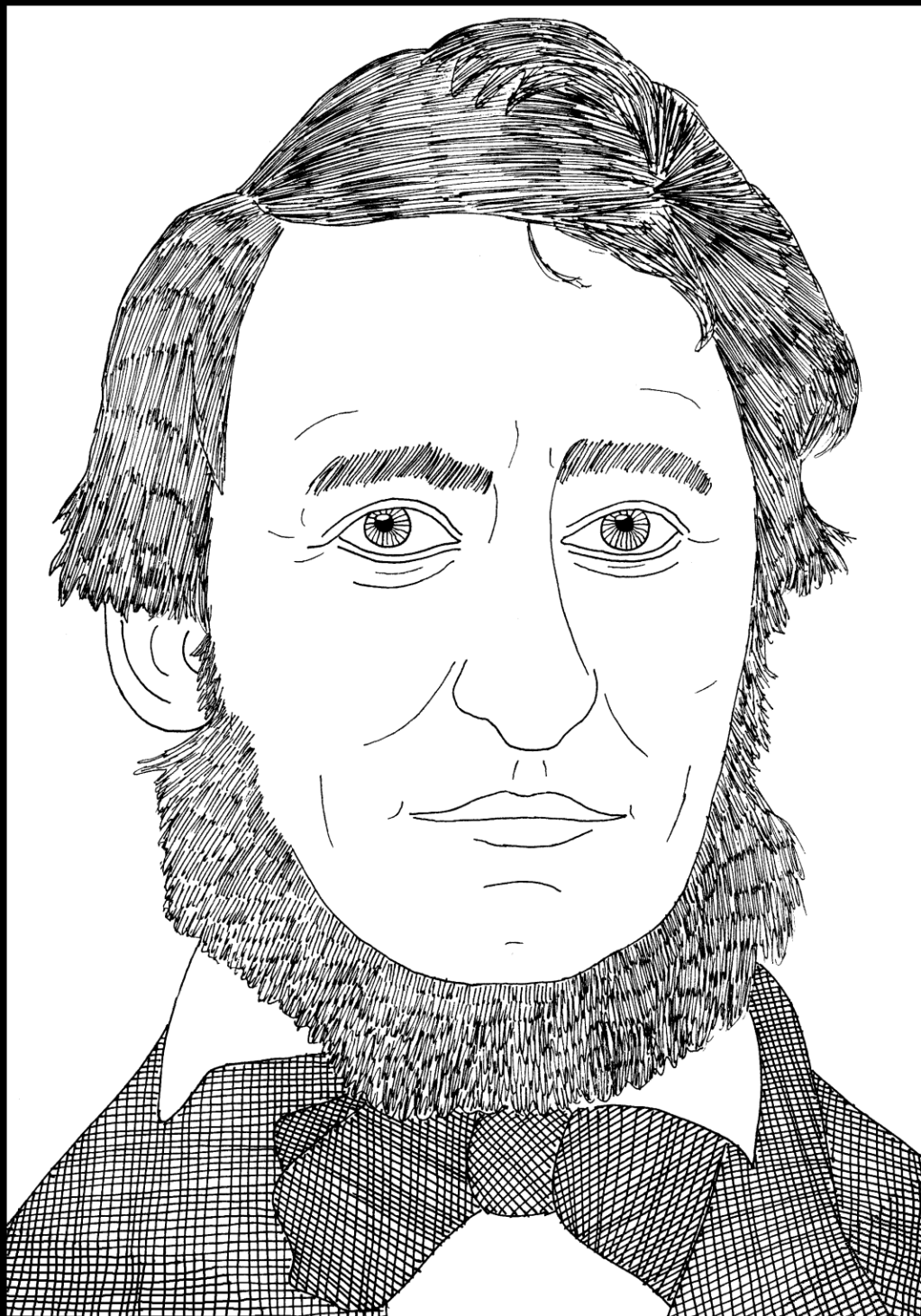
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"Our life is frittered away by detail...
Simplify, simplify, simplify ...
Simplicity of life and elevation of purpose."
-- Henry David Thoreau

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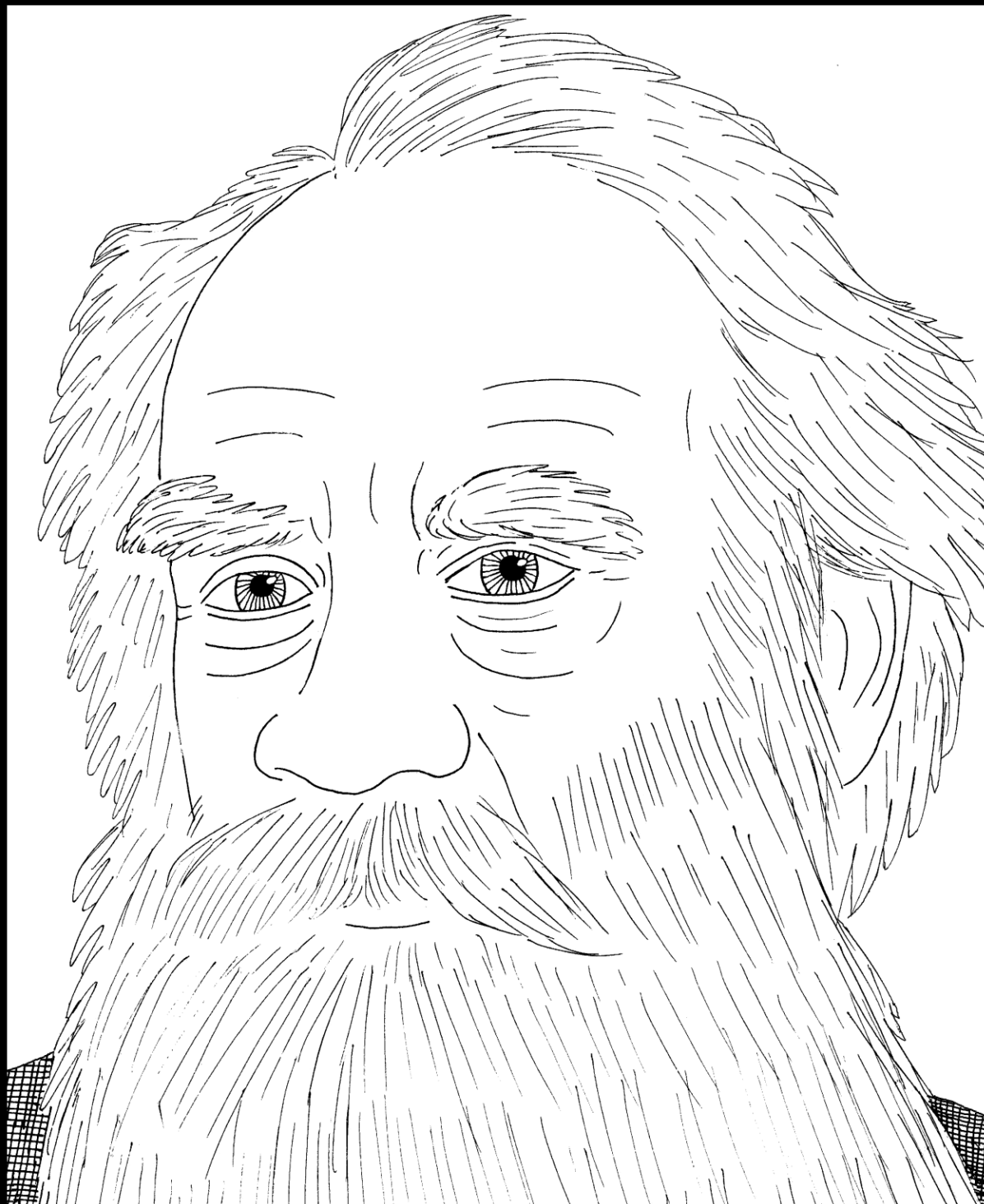
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“There is no greatness where there is not simplicity, goodness, and truth”
-- Leo Tolstoy

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**"It is absolutely sure that if globalization is not founded on moral values not only will fail but will bring about global calamities."
-- Dr. George Vithoulkas**

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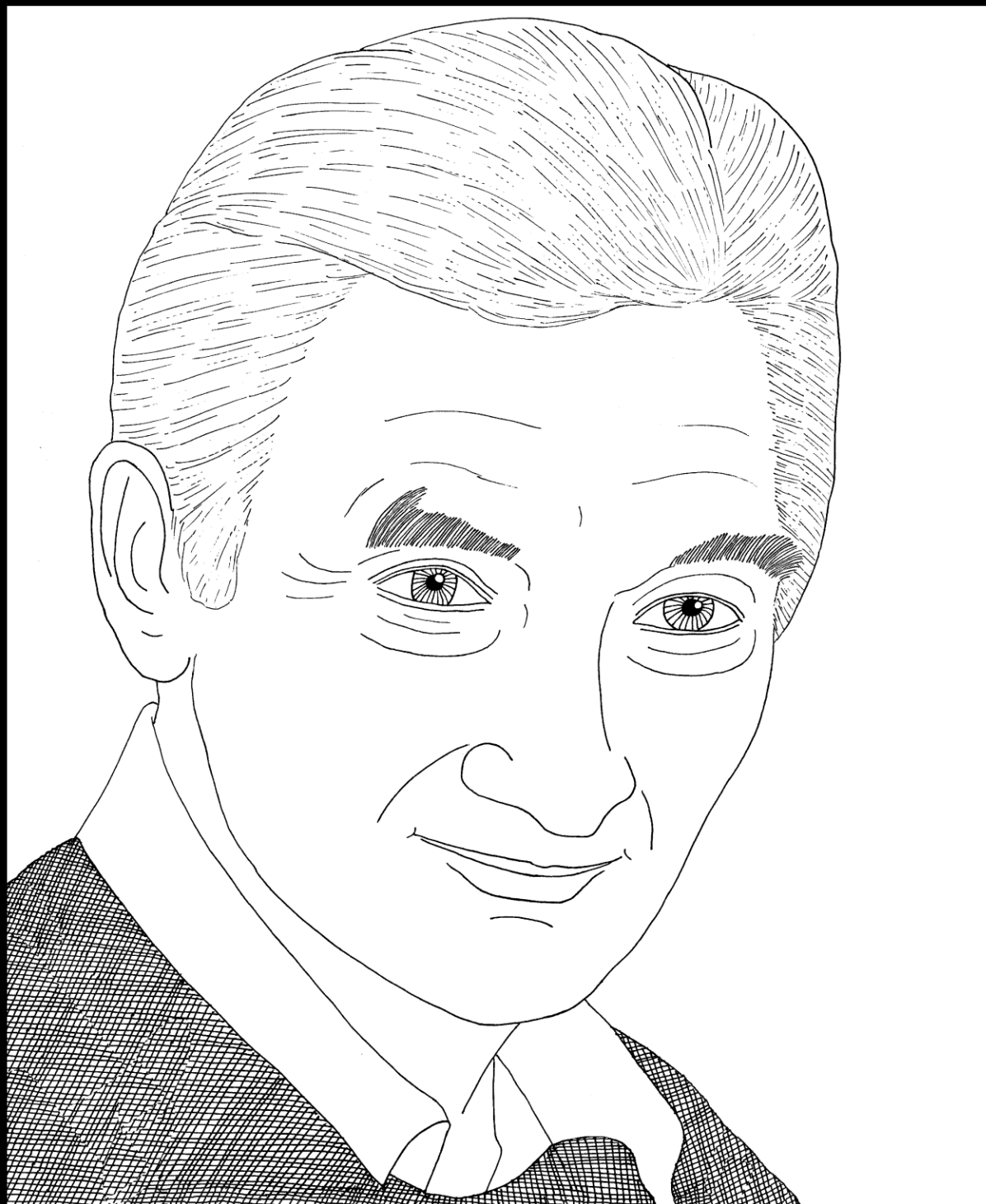
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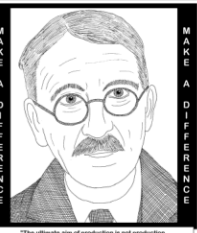

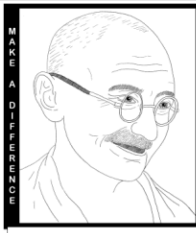
















"The strike, the boycott, the refusal to serve, the ability to paralyze the functioning of a complex social structure-these remain potent weapons against the most fearsome state or corporate power."

-- Howard Zinn

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BUY NOTHING DAY		FRIDAY AFTER THANKSGIVING	
MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"We are committed with our lives to building a different model and a different future for America, for the world, and for ourselves. We have managed a record transition to economic globalization and we will not rest until we see it replaced." — Madeleine Albright		"It is the heart that makes a man rich. He is rich according to what he is, not according to what he has." — Henry Ward Beecher	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"We Have Got To Bring Corporate America To Its Knees" — Harry Belafonte		"We need a new economy, but one that's founded on trust, not greed, on being and observing, not on excess and waste. An economy based on waste is inherently and logically violent, and one is increasingly produced. We need a peacable economy." — Wendell Berry	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"The consumer society has made us feel that happiness lies in buying things, and has failed to teach us the happiness of not having things." — Ellen DeGeneres		"It's the heart that makes a man rich. He is rich according to what he is, not according to what he has." — Henry Ward Beecher	
BetterWorldCalendar.com		BetterWorldCalendar.com	
MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"I think there are a lot of strong leaders around the world who have made very convincing arguments about the weaknesses of corporate, but globalisation and the competing values of alternatives." — John Cavanaugh		"There's a color capitalism's basically a system of corporate socialism, with huge and largely unaccountable private systems exercising control over the economy, and over national and cultural life." — Neen Choumy	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"The global economy works for about twenty percent of the world, for about eighty percent it doesn't." — Kevin Danaher		"We want a system in which the worker shall get what he produces and the capitalist shall produce what he gets." — Eugene V. Debs	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"The ultimate aim of production is not production of goods but the production of a life in which the individual is associated with one another on terms of equality." — Albert Einstein		"It believes that a simple and unassuming manner of life is best for everyone, both for the body and the mind." — Albert Einstein	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"The intention of this way of the (voluntary) simplicity is not to denigrate the use of money but to show that it is not a necessary part of a life. It is a simple way that moves beyond the extremes of poverty and indulgence." — David Foray		"There's enough on this planet for everyone's needs but not for everyone's greed." — Mahatma Gandhi	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"Success for the public good must become the sustaining force of our economic order." — Martin Luther King Jr.		"We must recognize that we can't solve our problems now until there is a radical redistribution of economic and political power." — Martin Luther King Jr.	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"The body powerful feed ideology to the masses like that food when they dine on the economic and political of a court." — Martin Luther King Jr.		"The institutions of money rule the world. It is perhaps inevitable that the use of money will have some adverse effect on the interests of nature. What are expanding might not be described as a form of money controlling life." — David Foray	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"It's a measure of the depth of our consumer trance that the death of the planet is not a concern." — Ralph Nader		"Many Americans hunger for a different kind of security — one based on integrity and respect, which give spiritual security and a sense of meaning. They need for meaning to just as intense as their need for economic security." — Ralph Nader	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"Corporations have been entrusted with an area of corruption in high places and billions, and the money of the country will endeavor to prevent the single marketing from the production of the people and the money is aggregated in a few hands and the Republic is destroyed." — Ziggy Marley		"The role of globalization is to bring together all cultures, and to turn them into commodified markets, and therefore, to make them easier for global corporations to control." — Ziggy Marley	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"The political system is not for the people. The people are secondary to the economy. It's about what generates money, not about what benefits the people." — Ziggy Marley		"The essence of globalization is a substitution of human rights, of labor rights, consumer, environmental rights, democracy rights, to the imperatives of global trade and investment." — Ralph Nader	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"Let's the old and young things and let our creative energies to help in a new America, which could be distributed, more humane, where the people are more healthy and able to be themselves, when the wealthy are still growing and death, based on selling and buying with the assistance." — Ziggy Marley		"Our life is frittered away by detail. Simplify, simplify, simplify. Simplicity is the ultimate of progress." — Henry David Thoreau	
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MAKE A DIFFERENCE		MAKE A DIFFERENCE	
"The children of humanity are a natural, integral, inseparable part. But we see an artificial barrier between them. We are not connected to them. We are not connected to them. We are not connected to them. We are not connected to them." — Henry David Thoreau		"The strike, the boycott, the refusal to serve, the ability to organize the functioning of a complex social structure these remain potent weapons against the greed and the power of the corporate power." — Howard Zinn	
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