

# BE A HERO FOR A BETTER WORLD

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"I think that nonviolence is one way of saying that there are other ways to solve problems, not only through weapons and war. Nonviolence also means the recognition that the person on one side of the trench and the person on the other side of the trench are both human beings, with the same faculties. At some point they have to begin to understand one another." -- Rigoberta Menchú

**BetterWorldHeroes.com**

...every act of compassion makes a difference...every day counts for a better world...

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