

BE A HERO FOR A BETTER WORLD

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"What shall we choose? Violence or non violence? ...We have to choose knowing that when we are violent to our enemies, we do violence to ourselves. When we brutalize others, we brutalize ourselves. And eventually we run the risk of becoming our oppressors."

-- Arundhati Roy

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

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