## Be a Hero for a Better World!

"I know what it feels like to be hurt, and I don't want to cause that pain to any other person or creature. But somehow, in society, we numb ourselves in order to make money or to feel better about ourselves, such as with cosmetics or food. We say to ourselves, I'm going to use this animal. I'm going to say it doesn't have much worth so that I can allow myself to do these cruel things. And that just isn't fair."

-- Alicia Silverstone

Better WorldHeroes.org

## Do One Thing for a Better World

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