


**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 model alternative to economic globalization and we will not rest until we see it realized."  
— **Wanda Berry**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



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 needs, but on the fulfillment of needs. We need a possible economy."  
— **Wanda Berry**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



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."  
— **Ellen Reuchling**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

"The corporations have their way, the Earth will be killed, and that's to your failure. It's essential to us that all citizens are being trained to work in corporations. It's essential to us that the corporations are running the world."  
— **Dr. Helen Caldwell**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



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 compelling nature of alternatives."  
— **John Casagrande**

BetterWorldCalendar.com

# BUY NOTHING DAY

## Friday after Thanksgiving

### ...make a difference...

Do One Thing  
for a Better World.

Together  
We Make a World of Difference!

© The Emily Fund  
Distribute freely - no endorsement implied

DoOneThing.org - EmilyFund.org

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

"What is central to capitalism is basically a system of corporate accumulation, with huge and largely unaccountable private property extracting vast wealth from the economy, political system, and social and cultural life."  
— **Ryan Chomsky**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

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

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING




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**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

"They promote a hunger for a different kind of society - one based on the principles of caring, ethical and spiritual sensitivity, and consumer sobriety. They need for meaning to just as intense as their need for economic security."  
— **Robin Michael Lester**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

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

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

"The truly powerful find identity in the masses the had food while they dine on the most raffish delicacy of all: impunity."  
— **Robert Ryan**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

"It's a measure of the depth of our consumer trance that the death of the most influential to break."  
— **Katie Lane**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

"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**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

"The political system is not for the people. The people are secondary to the economy. It's about what generates money, and about how to benefit the people."  
— **Aggy Marley**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



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."  
— **Fughlin Hester**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

"Even the old and dying forests and old past creation emerge to hold their own. The forests, which should be developed and harvested, when the price is too high and close to the commodity, where the reality is not just environmental profit for the population of the people, and empty forests. It's a matter of life and death, 'resist an ecological violence with the wilderness.'"  
— **Phil Collins**

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



MAKE A DIFFERENCE

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

BetterWorldCalendar.com

**BUY NOTHING DAY** FRIDAY AFTER THANKSGIVING



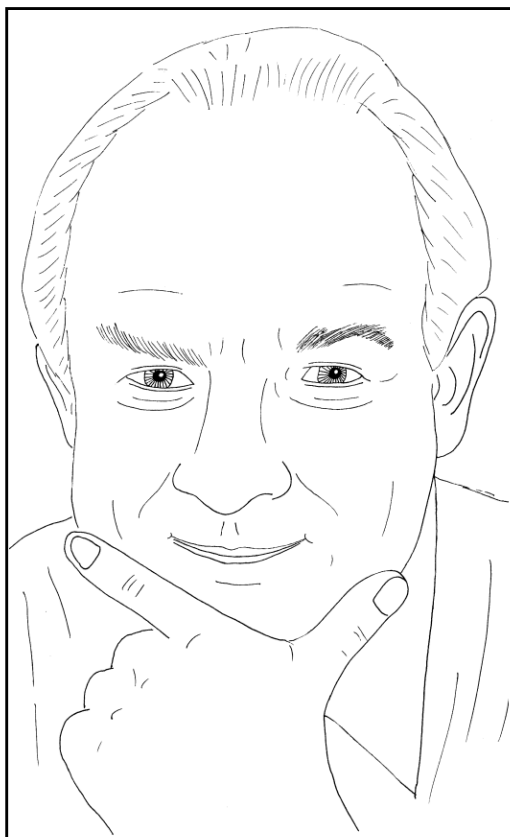
MAKE A DIFFERENCE

"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 heinous state or corporate power."  
— **Howard Zinn**

BetterWorldCalendar.com

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

## DO ONE THING

The Emily Fund - Education, Mentorship, Inspiration, Leadership, Youth for a better world

[DoOneThing.org](http://DoOneThing.org) - [EmilyFund.org](http://EmilyFund.org)

© The EMILY Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## Do One Thing for a Better World

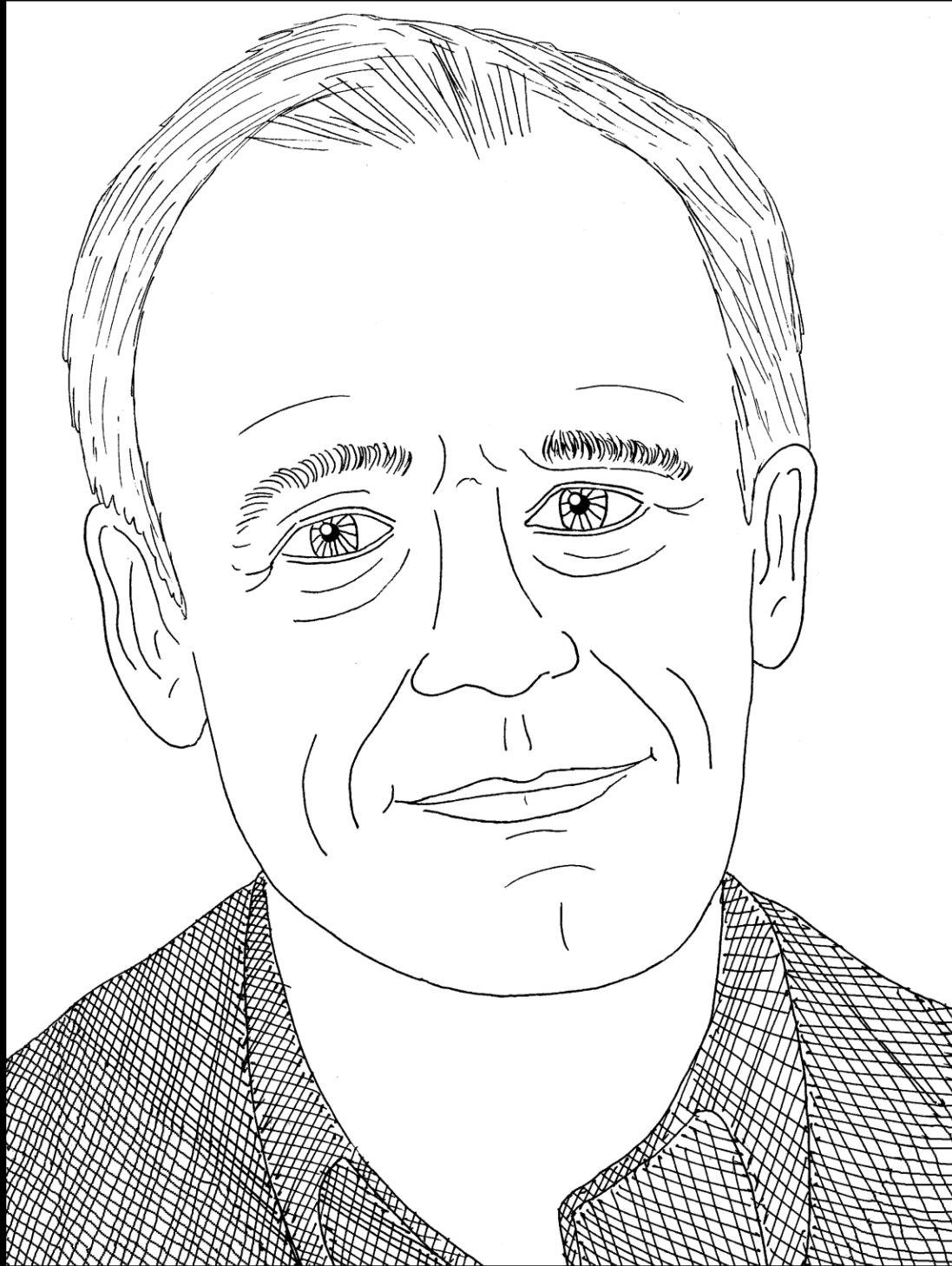
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
-  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
-  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

## Do One Thing for a Better World

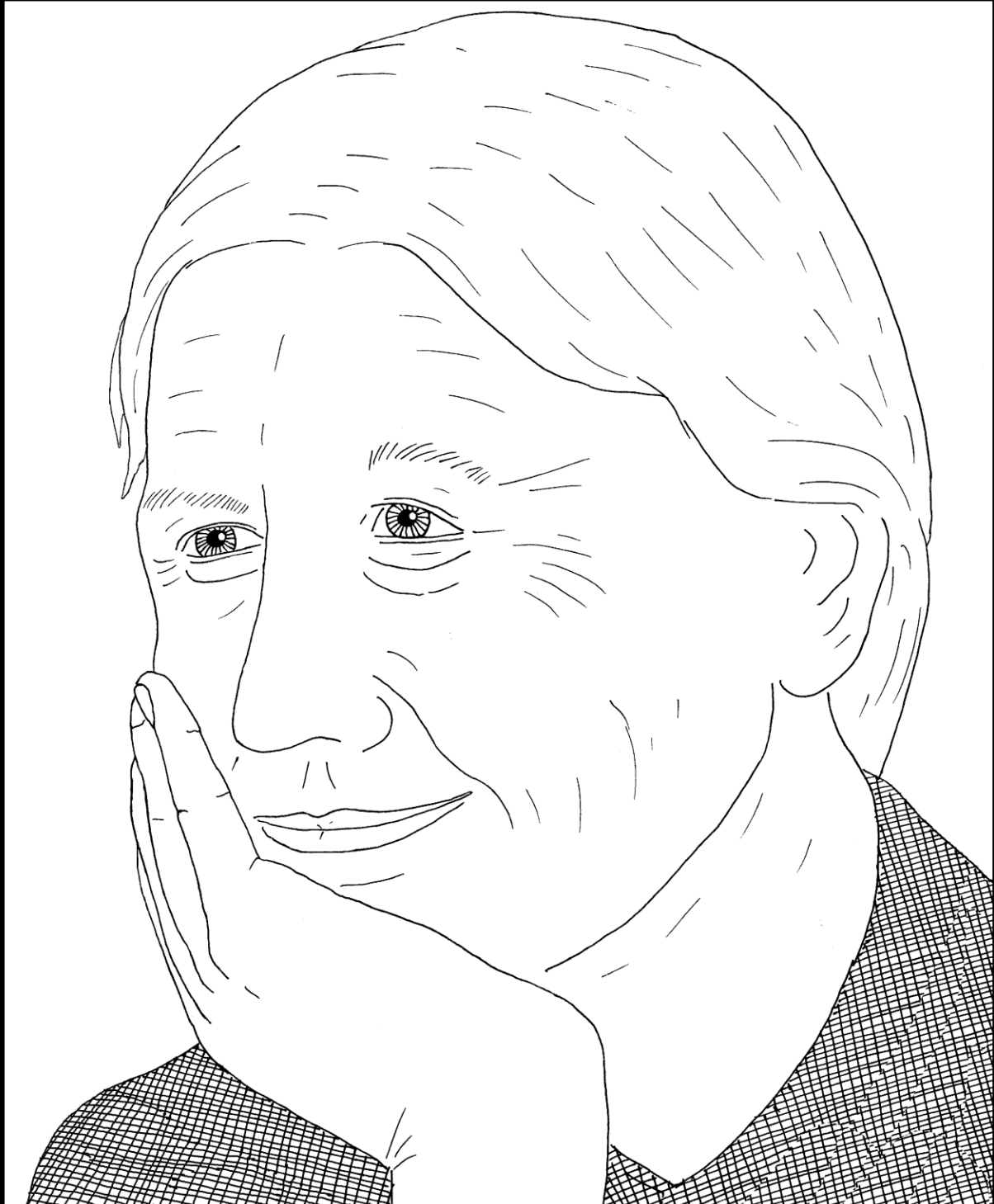
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"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

## Do One Thing for a Better World

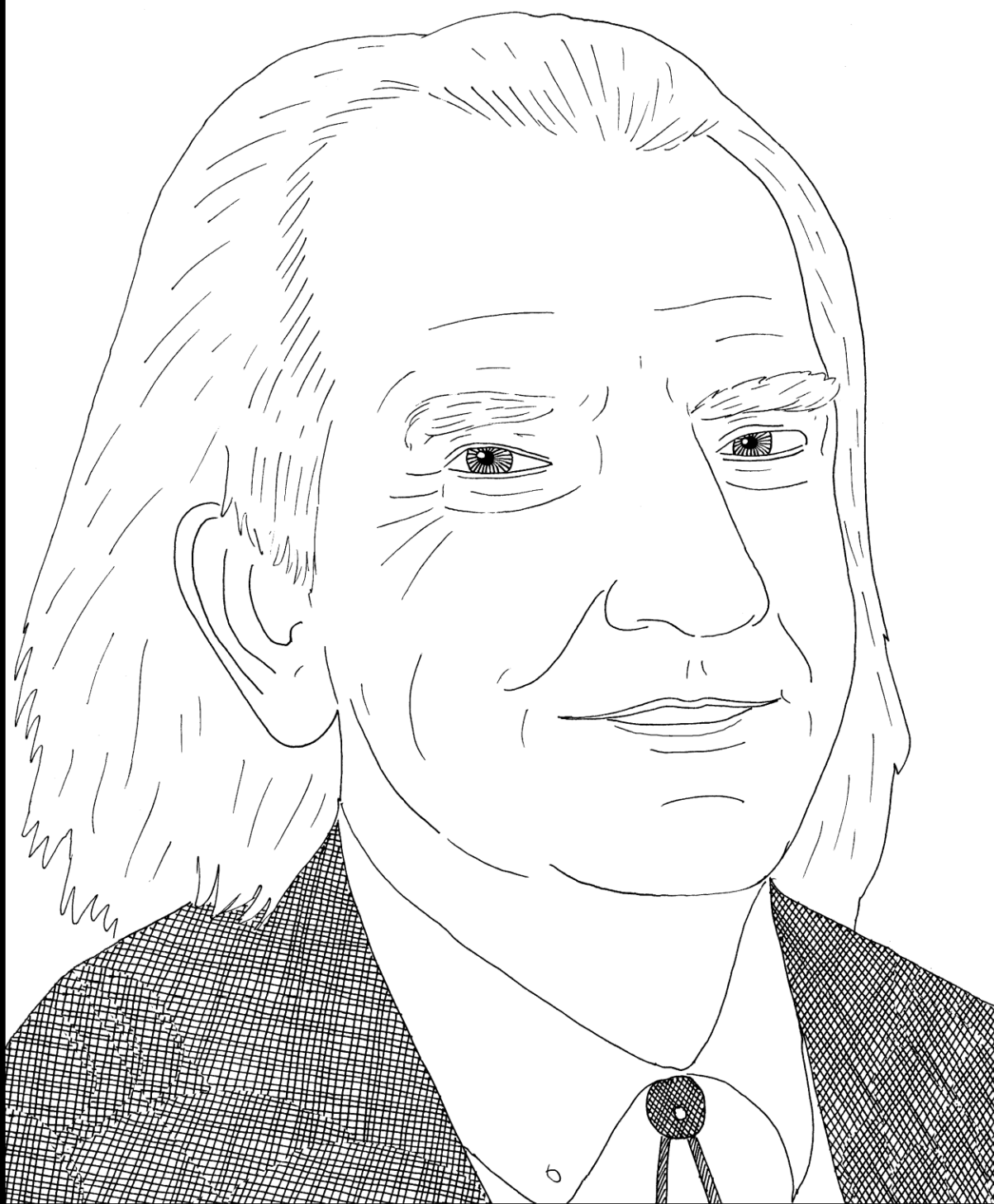
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"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

## Do One Thing for a Better World

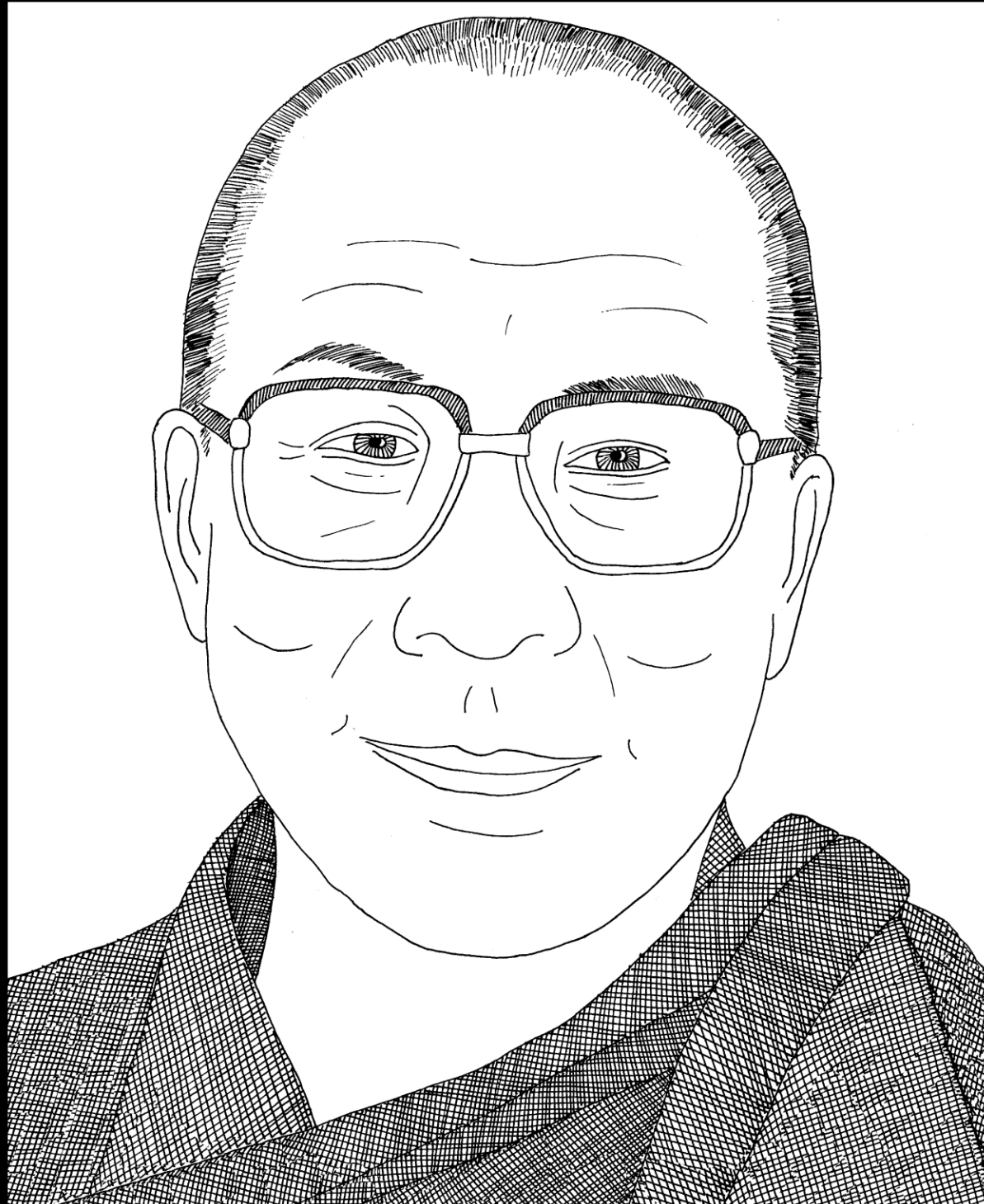
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## Do One Thing for a Better World

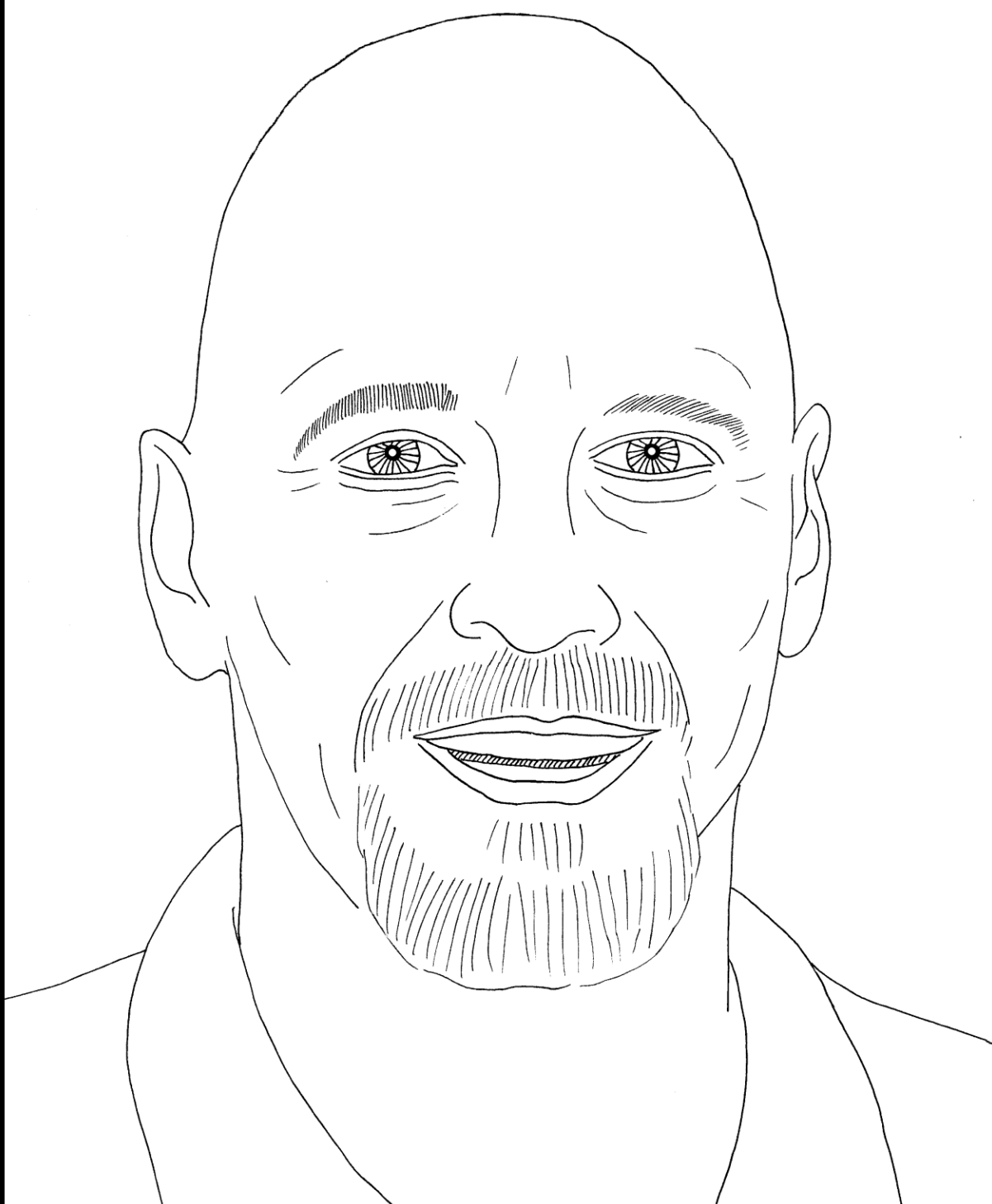
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

-- Kevin Danaher

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

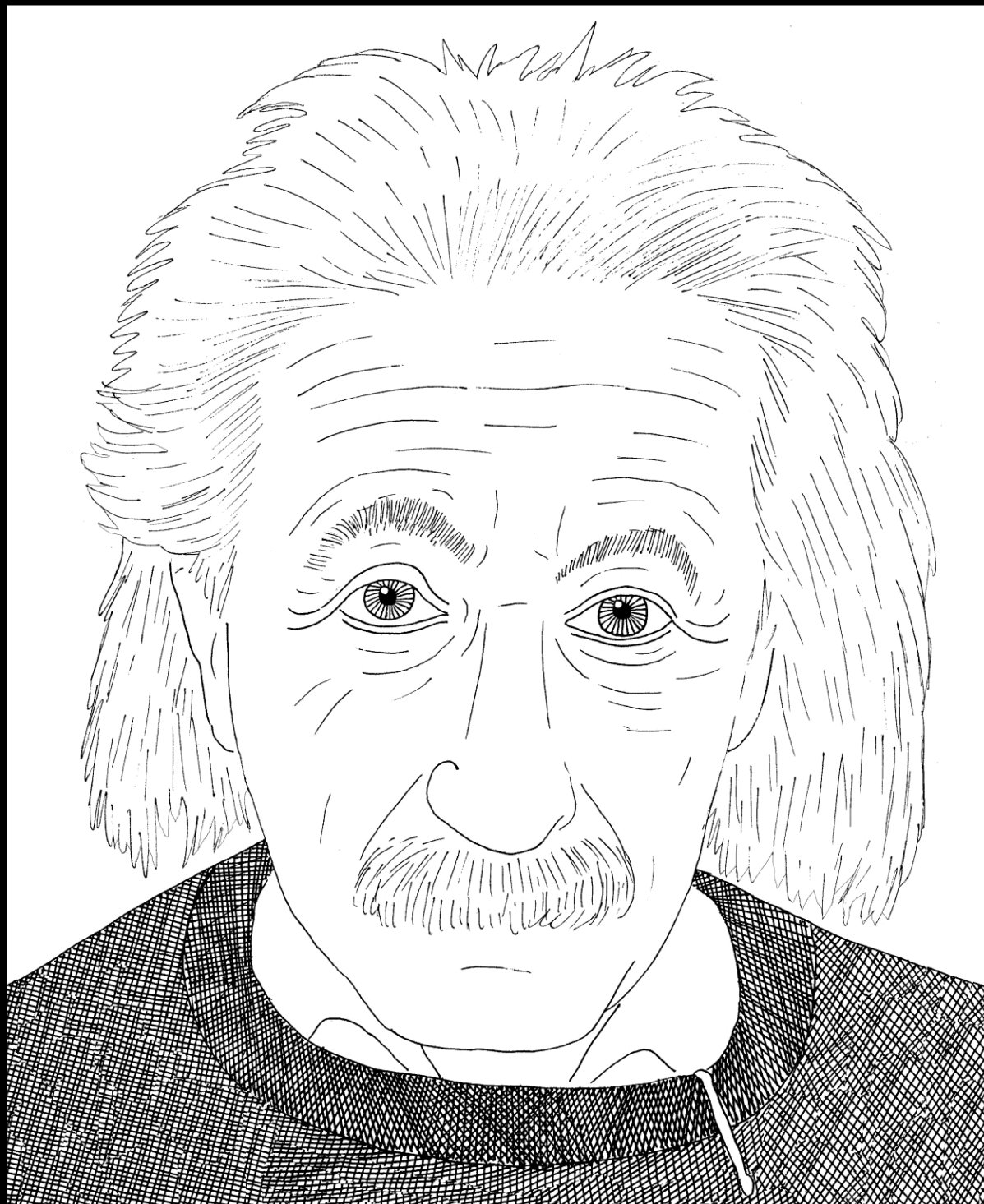
© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

## Do One Thing for a Better World

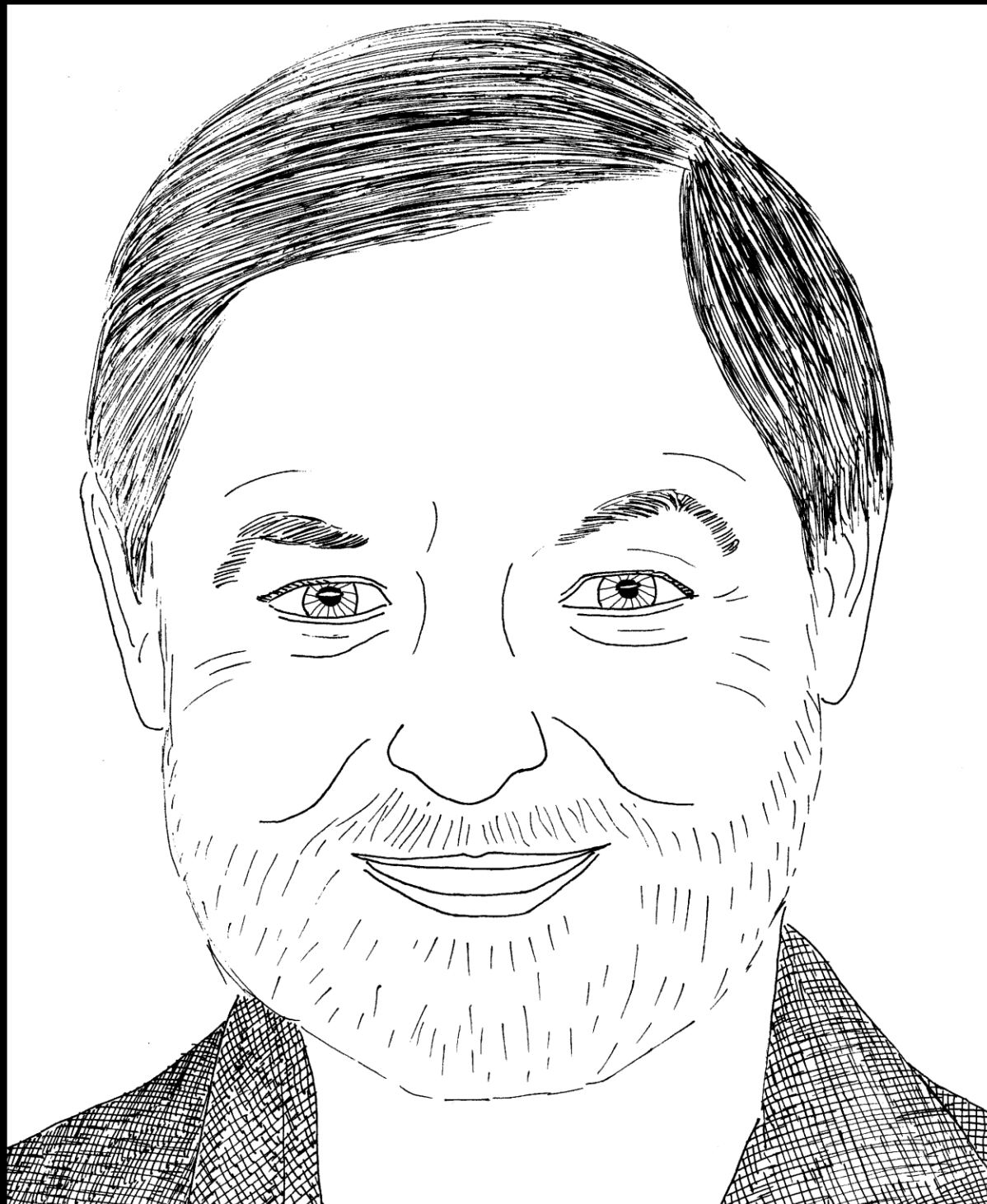
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"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

## Do One Thing for a Better World

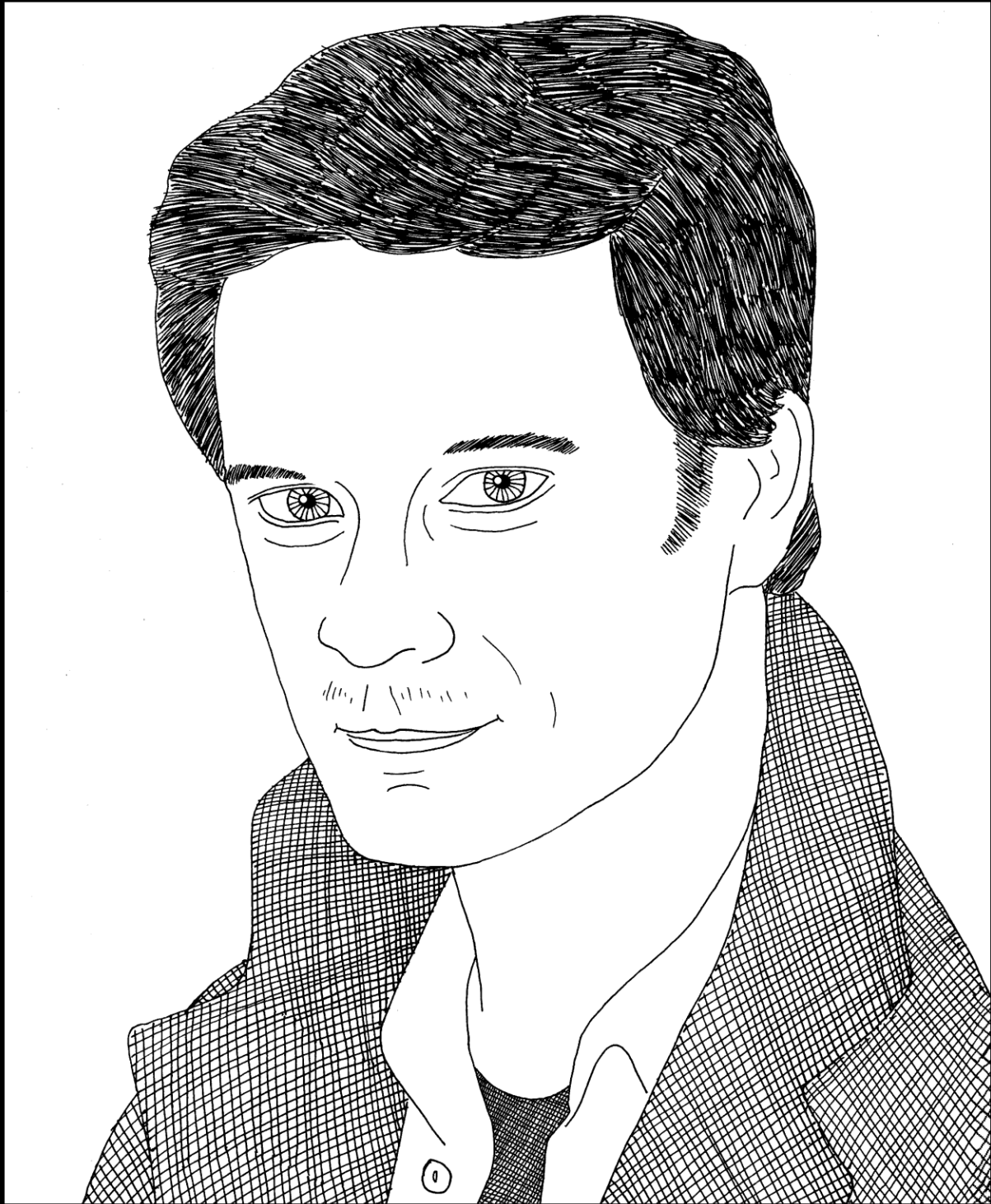
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"The failure so far of the governments of so many of the worlds most powerful countries in the face of such egregious unfairness ... to make the slightest progress on the issue of fair trade is hard to explain."

-- Colin Firth

## Do One Thing for a Better World

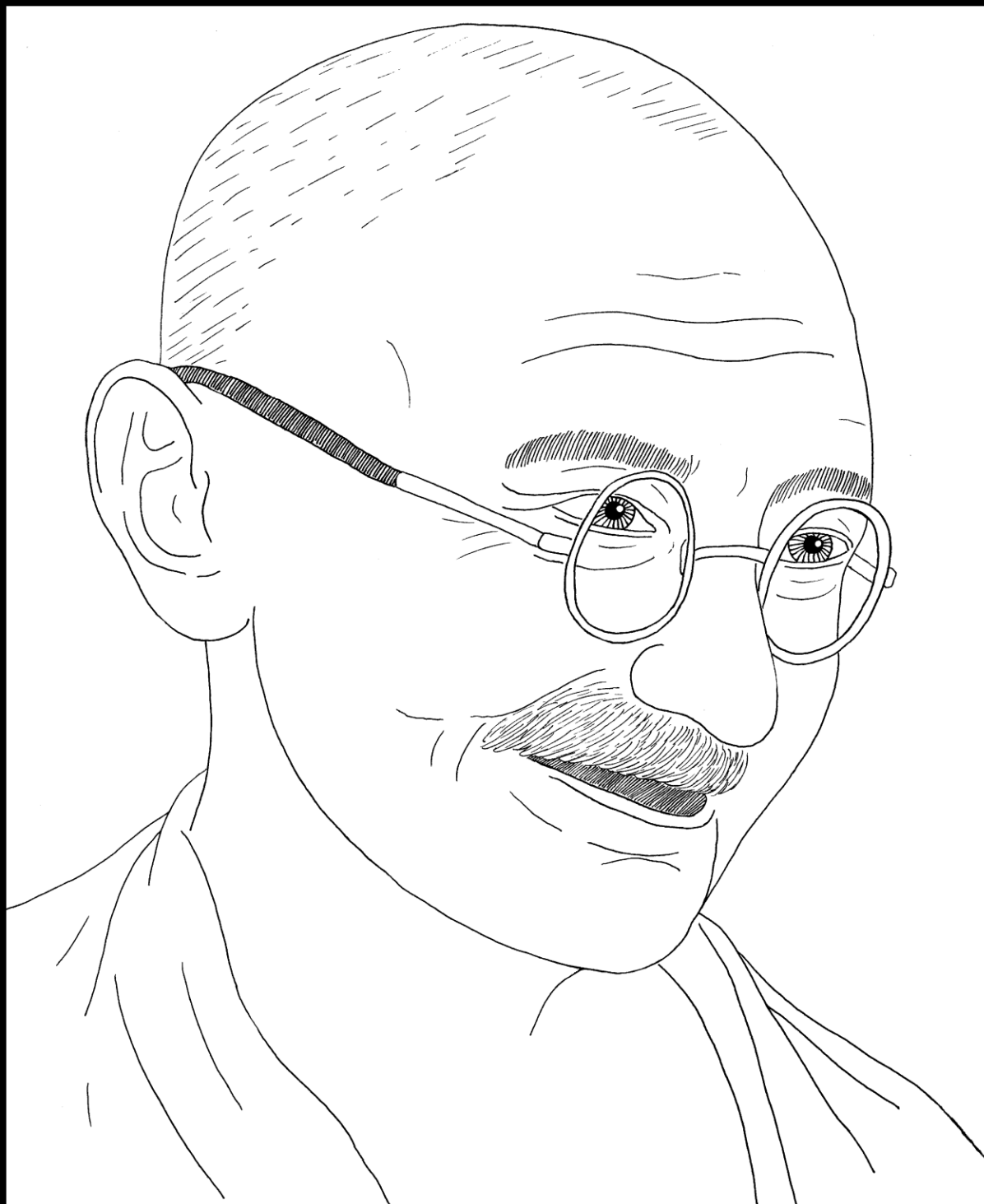
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
-  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
-  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

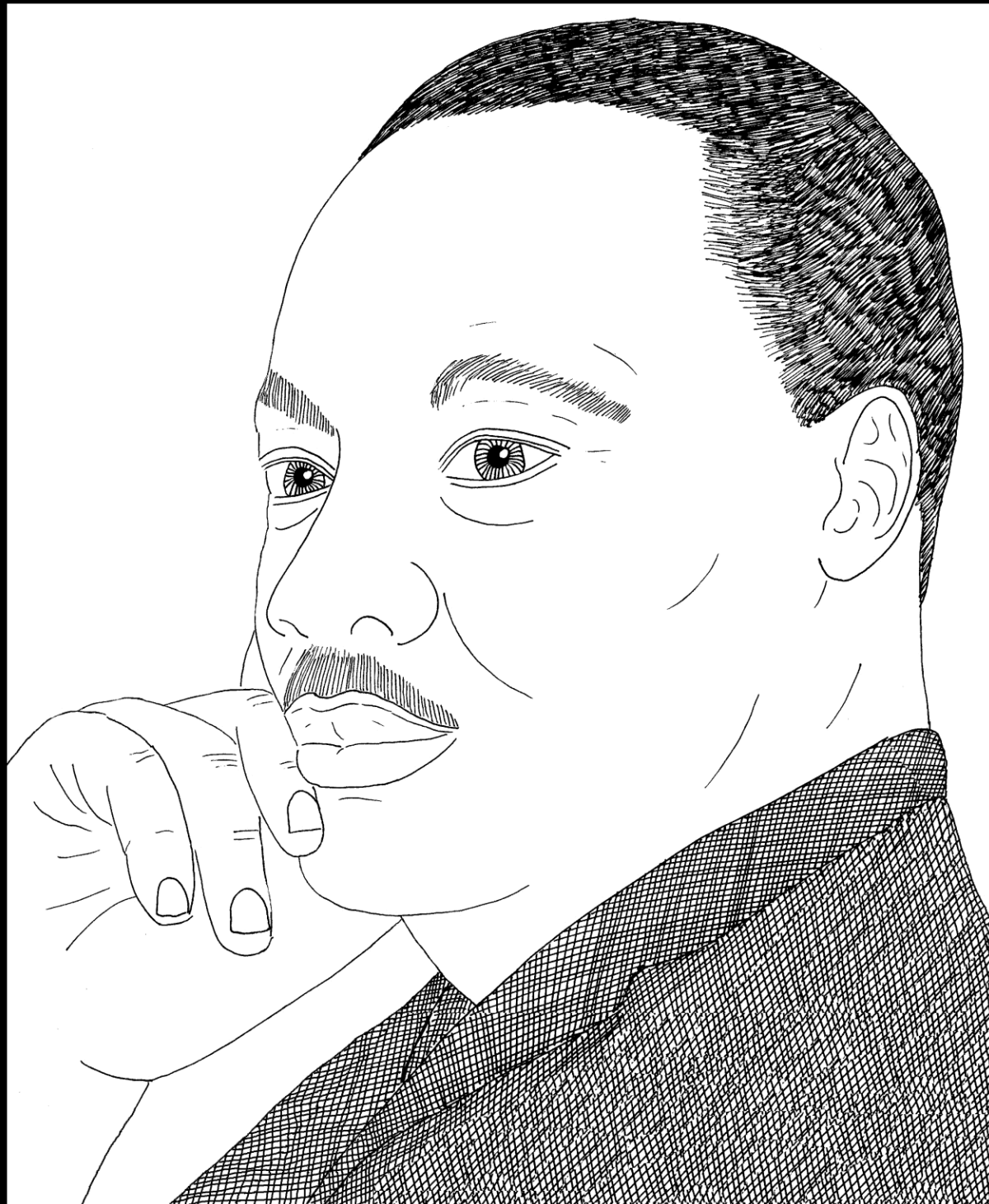
© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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.

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

-- Naomi Klein

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"It's a measure of the depth of our consumer trance  
that the death of the planet is not sufficient to break it."**

**-- Kalle Lasn**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## Do One Thing for a Better World

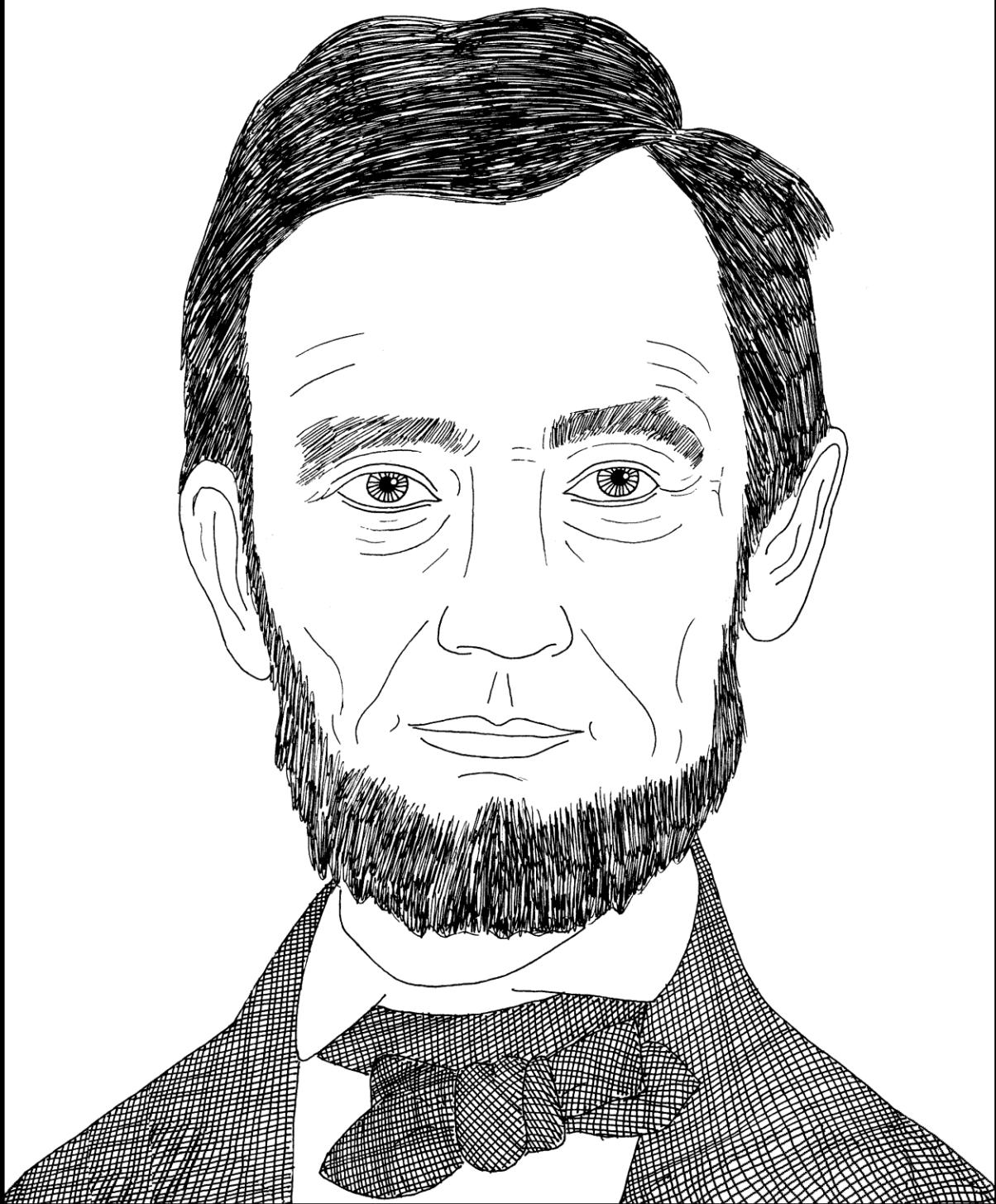
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"...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

## Do One Thing for a Better World

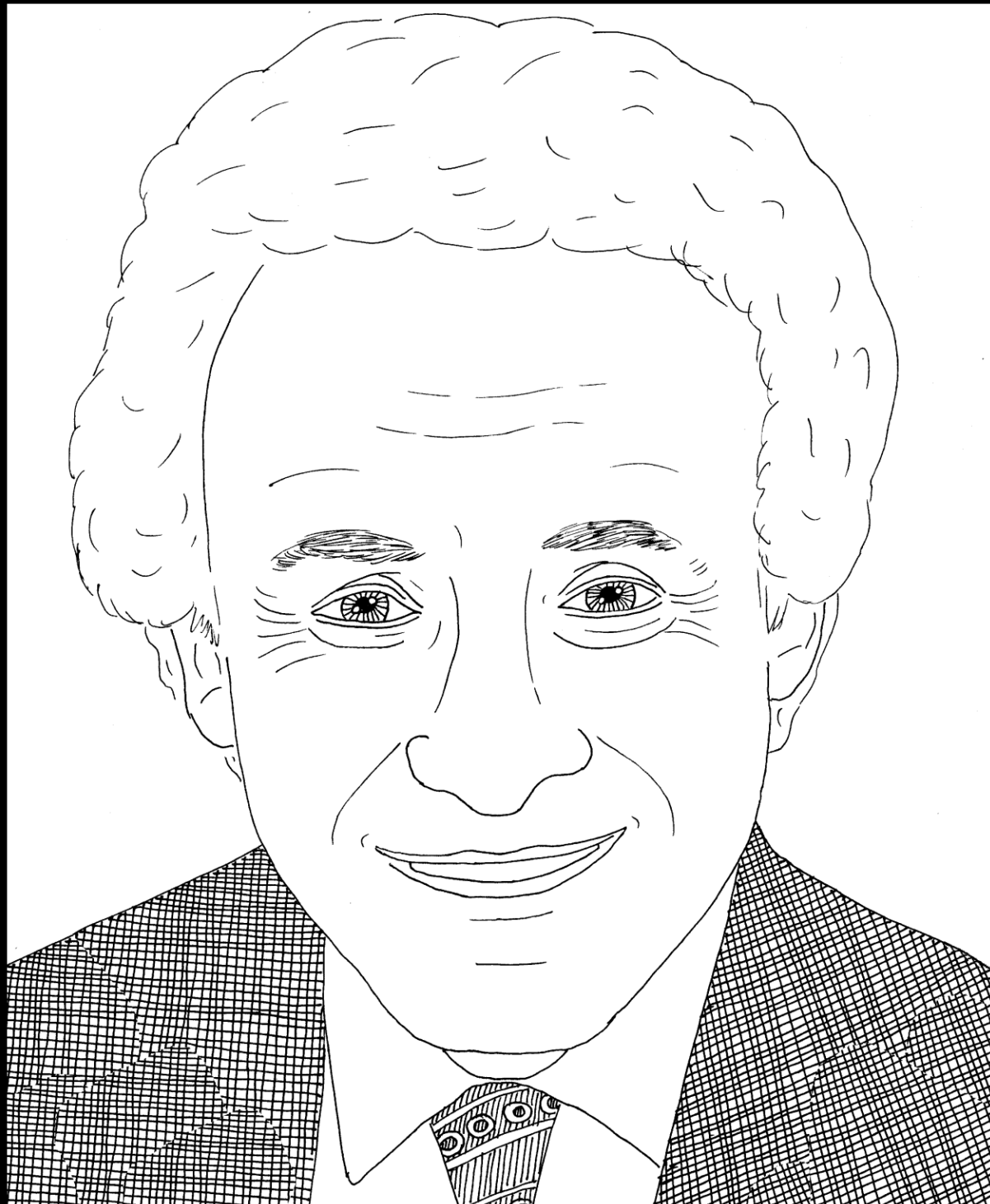
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
-  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
-  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

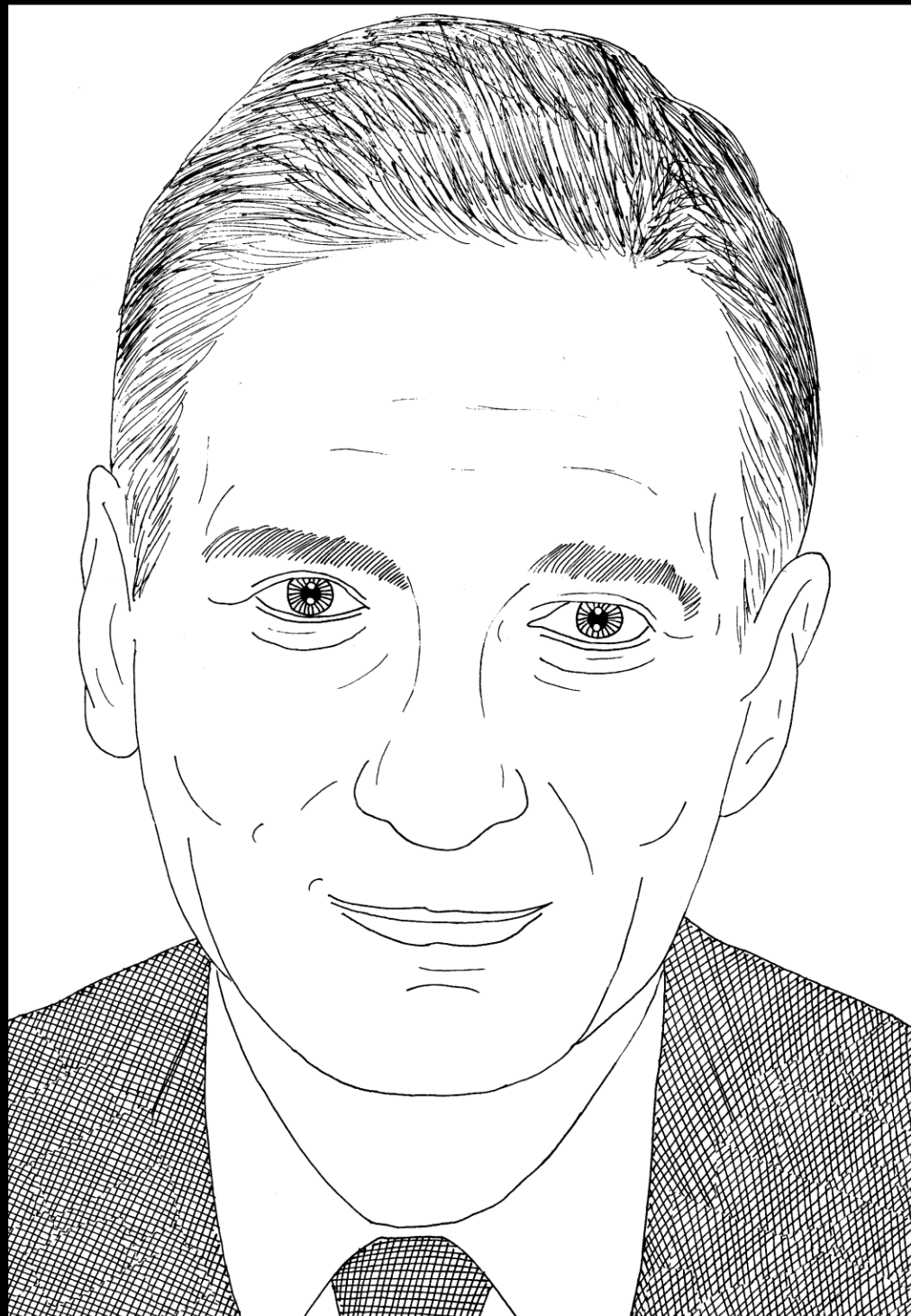
© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied



# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



MAKE  
A  
D-I-F-F-E-R-E-N-C-E

"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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



MAKE  
A  
D-I-F-F-E-R-E-N-C-E

**"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**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



MAKE  
A  
D-I-F-F-E-R-E-N-C-E

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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



MAKE  
A  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

"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

## Do One Thing for a Better World

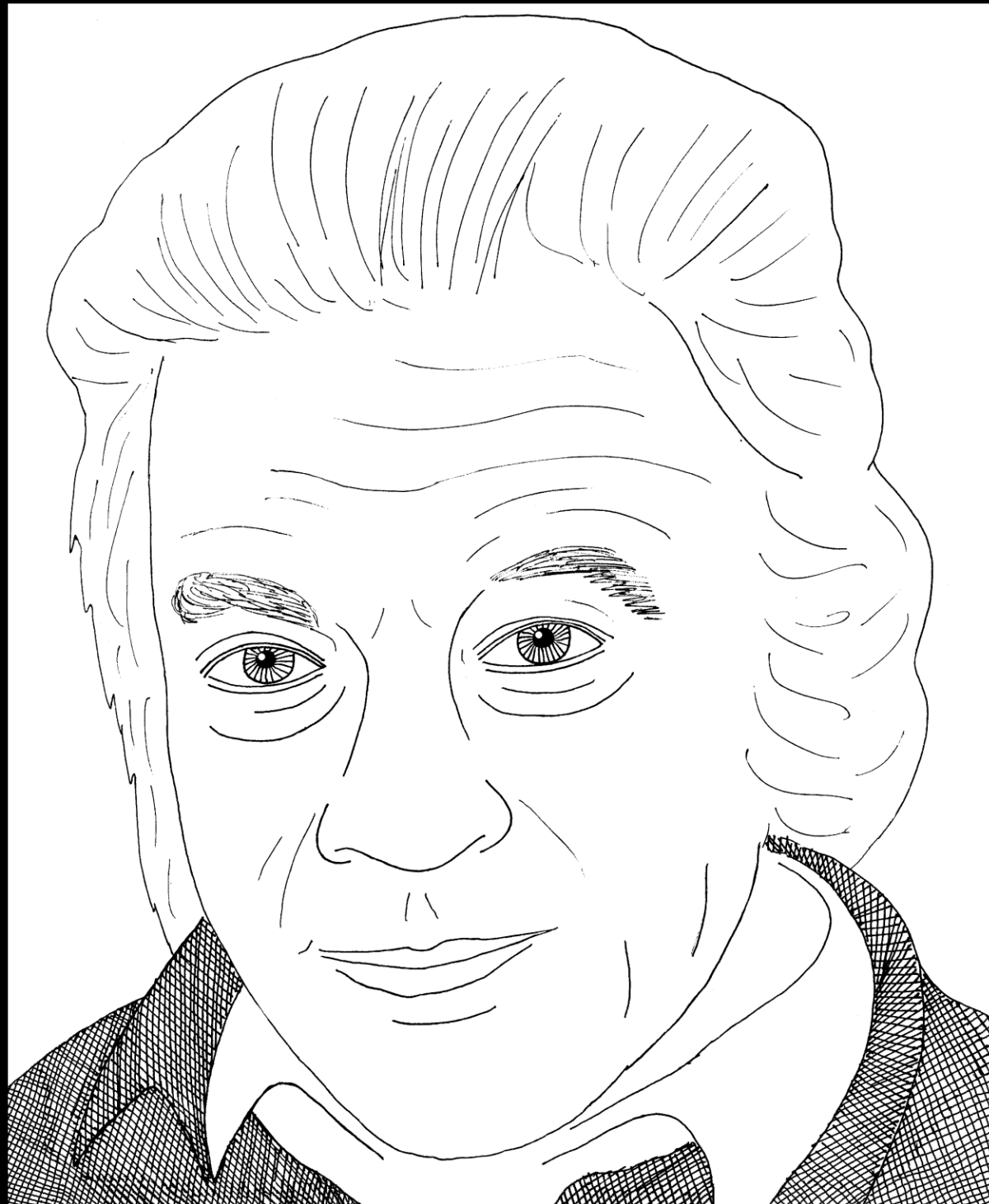
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

**-- E. F. Schumacher**

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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**

## **Do One Thing for a Better World**

**...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)**

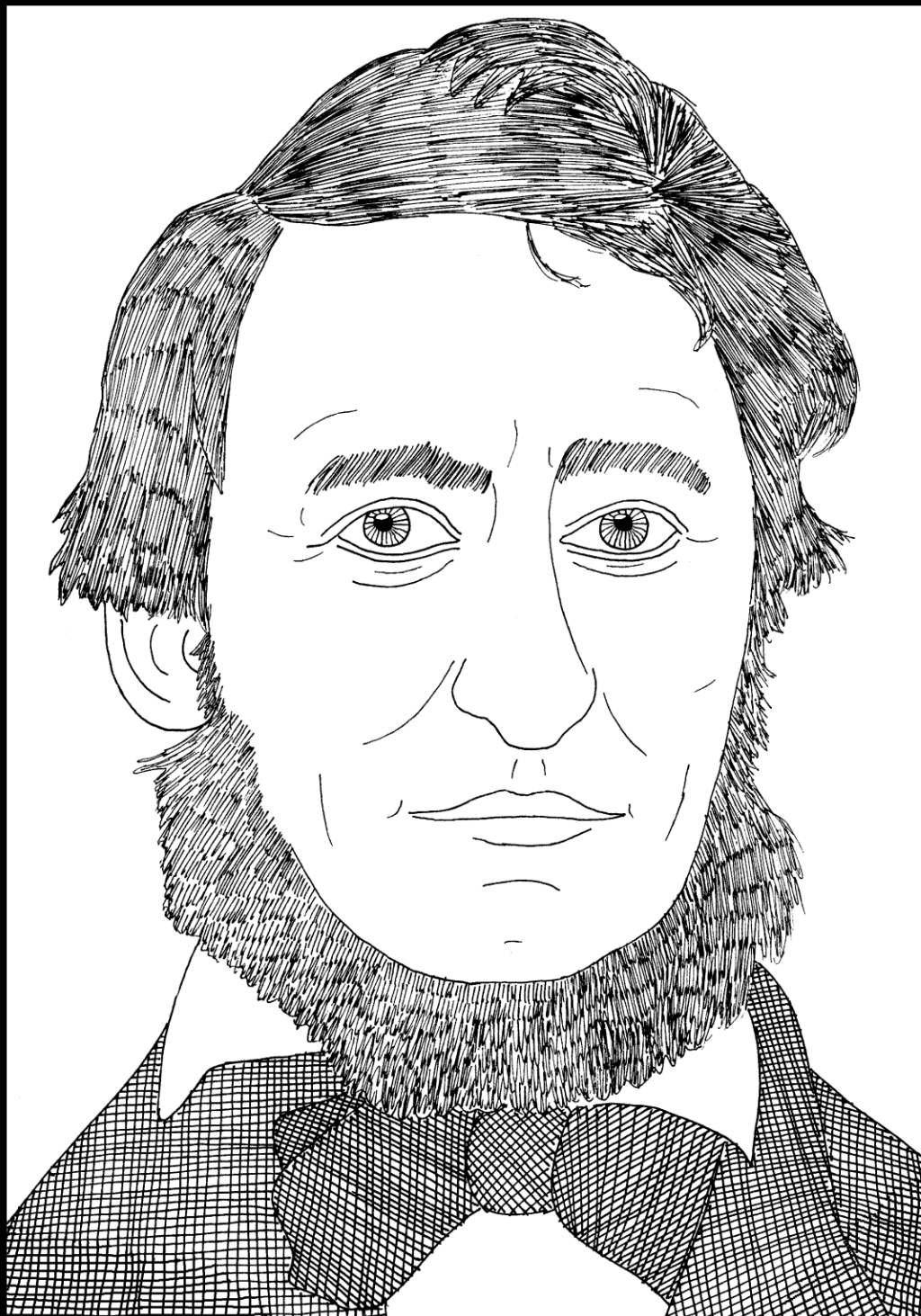
**© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied**



# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

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

## Do One Thing for a Better World

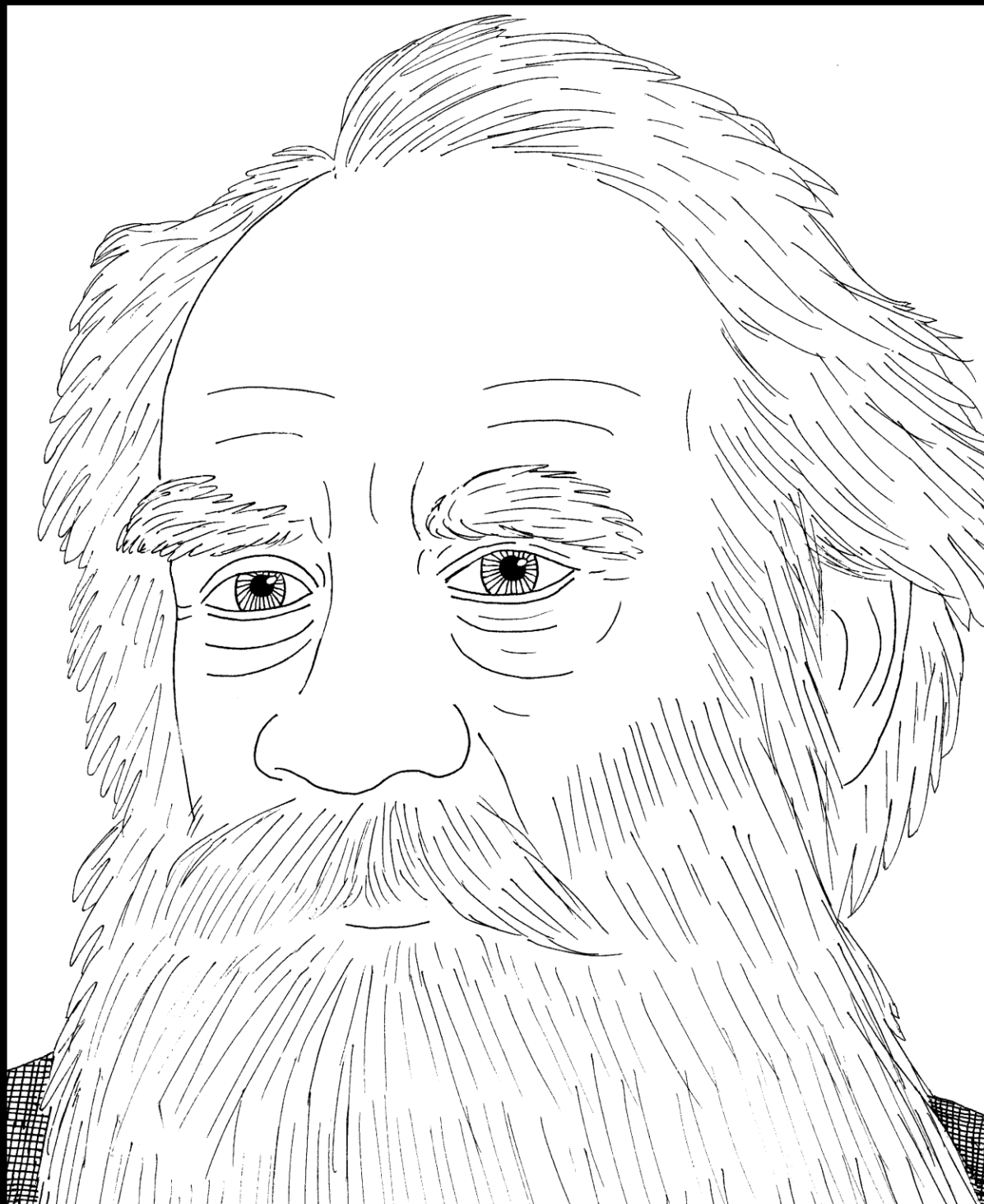
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

MAKE  
A  
D-I-F-F-E-R-E-N-C-E



MAKE  
A  
D-I-F-F-E-R-E-N-C-E

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

## Do One Thing for a Better World

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

**"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 Vithoukas**

## Do One Thing for a Better World

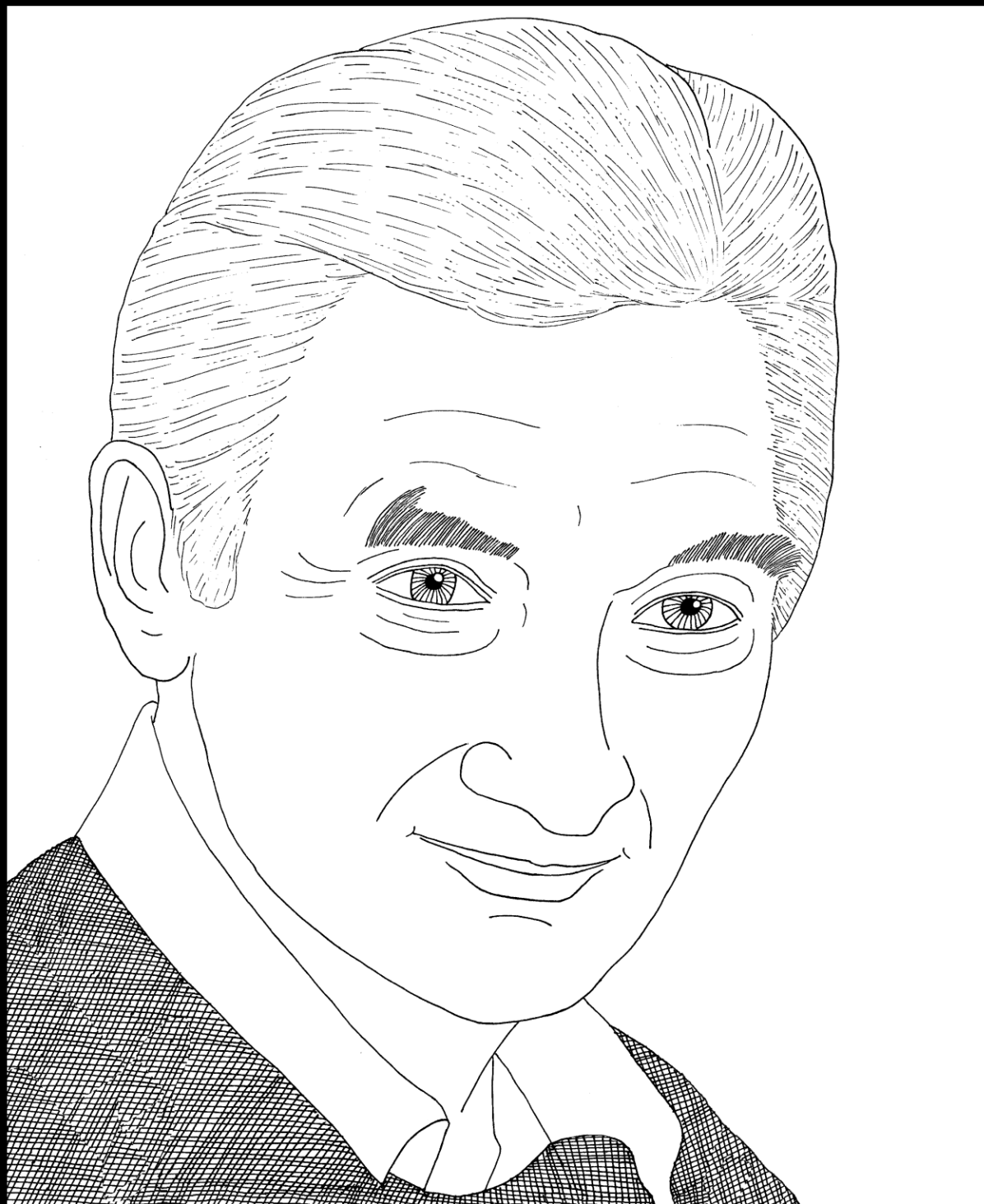
...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E



M  
A  
K  
E  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E











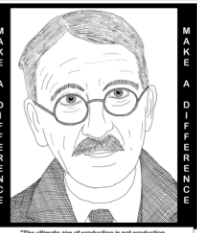
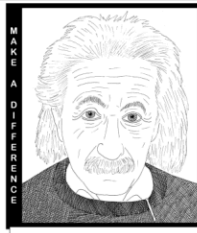
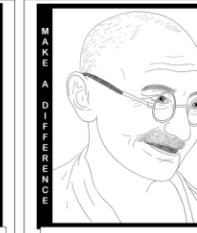









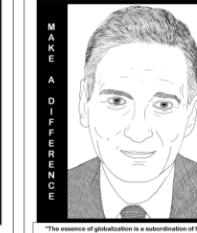





**"The strike, the boycott, the refusal to serve, the ability to paralyze the functioning of a complex social structure-these remain potent weapons against the most fearsome state or corporate power."**

**-- Howard Zinn**

## **Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

© The People For Peace Project - Distribute freely for non-commercial uses - No celebrity endorsement implied

<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"We are committed with our lives to building a different model and a different future for humanity, for earth, and for society. We have managed a record turnaround for economic globalization and we will not rest until we see it realized." — Madeleine Albright</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"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</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"We Have Got To Bring Corporate America To Its Knees" — Harry Belafonte</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"We need a new economy. Not one that is founded on profit and debt, on hoarding and consuming, not on excess and waste. An economy based on waste in technology and technology in nature, not one that is dominantly product. We need a peacable economy." — Wendell Berry</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"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." — Ellen DeGeneres</p> <p>BetterWorldCalendar.com</p>
<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"The corporations have their way. The earth will be killed, and death in your lifetime. It's revolving to me that scientists are being trained to work in corporations. It's obvious to me that the corporations are running the world." — Helen Caldicott</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"I think there are a lot of strong leaders around the world who have made very convincing arguments about the weaknesses of corporate, but globalization and the competing values of alternatives." — John Cavanaugh</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"There is a lot of capitalistic basically a system of corporate capitalism, with huge and largely unaccountable private systems everything well control over the economy, and the system of social and cultural life." — Naomi Oresky</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"The global economy works for about twenty percent of the world, for about eighty percent it doesn't." — Kevin Danaher</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"We want a system in which the worker shall get what he produces and the capitalist shall produce what he gets." — Eugene V. Debs</p> <p>BetterWorldCalendar.com</p>
<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"The ultimate aim of production is not production of goods but the production of peace and the well-being of all people associated with one another on terms of equality." — Albert Einstein</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"I believe that a simple and unassuming manner of life is the best for everyone, both for the body and the mind." — Albert Einstein</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"The institution of this way of the monetary discipline is not to discipline the use of money with the price system, but the network of money. What an expanding might be described as a way of money controlling it." — David Foray</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"There's enough on this planet for everyone's needs but not for everyone's greed." — Mahatma Gandhi</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"Success for the public good must become the sustaining force of our economic order." — Margaret Jolly</p> <p>BetterWorldCalendar.com</p>
<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"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.</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"The truly powerful feed ideology to the masses like that food when they dine on the economic and political of control." — Naomi Klein</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"When the institutions of money rule the world, it is perhaps inevitable that the use of money will have a profound effect on the network of money. What an expanding might be described as a way of money controlling it." — David Foray</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"It's a measure of the depth of our consumer trance that the death of the planet is not a concern." — Ralph Nader</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"Many Americans hunger for a different kind of security — one based on a sense of control, of self-reliance, of self-respect, where the price is not the loss of freedom, but the loss of control. When the price is not the loss of freedom, but the loss of control, when the price is not the loss of freedom, but the loss of control, when the price is not the loss of freedom, but the loss of control." — Ralph Nader</p> <p>BetterWorldCalendar.com</p>
<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"Corporations have been entrusted with an area of corruption in high places and in the, and the money of the country will endeavor to finding the right to working class for the production of the people and the money is appropriated in a few hands and the Republic is destroyed." — Abraham Lincoln</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"The use of globalization is to bring together all cultures, and to turn them into commodified markets, and to turn them into commodified markets, and to turn them into commodified markets, and to turn them into commodified markets." — Jerry Masler</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"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." — Peggy Marley</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"The essence of globalization is a substitution of human rights of labor rights, consumer, environmental rights, democracy rights, to the imperative of global trade and investment." — Ralph Nader</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"When the old way things have and our creative spirit to help a new America, which would be distributed, then tomorrow, when the price is not the loss of freedom, but the loss of control, when the price is not the loss of freedom, but the loss of control, when the price is not the loss of freedom, but the loss of control." — Phil Soto</p> <p>BetterWorldCalendar.com</p>
<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"The celebration of humanity is a natural, integral, unbreakable process. But we live in an industrialized world where the celebration of humanity is a natural, integral, unbreakable process. But we live in an industrialized world where the celebration of humanity is a natural, integral, unbreakable process. But we live in an industrialized world where the celebration of humanity is a natural, integral, unbreakable process." — Ellen DeGeneres</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"The growth of material consumption is a Bala world is an impossibility." — E. S. Schumacher</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"It's not funny at all that we do all that advertising for children. Why is it that we do all that advertising for children. Why is it that we do all that advertising for children. Why is it that we do all that advertising for children." — Emma Thompson</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"Our life is frittered away by detail. Simplify, simplify, simplify. Simplicity, simplicity, simplicity." — Henry David Thoreau</p> <p>BetterWorldCalendar.com</p>	<p><b>BUY NOTHING DAY</b> FRIDAY AFTER THANKSGIVING</p> <p>MAKE A DIFFERENCE</p>  <p>MAKE A DIFFERENCE</p> <p>"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 power of the industrial and corporate power." — Howard Zinn</p> <p>BetterWorldCalendar.com</p>