

# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

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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**

## Do One Thing for a Better World

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

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