

# BE A HERO FOR A BETTER WORLD

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**"We need to learn and to show others that there are tried and tested, powerful ways of containing and resolving conflict which do not require the use of force."**

**-- Scilla Elworthy**

**Do One Thing for a Better World**

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

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