

# BE A HERO FOR A BETTER WORLD

MAKE  
A  
DIFFERENCE



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**"Non-violence can truly flourish when the world is free of poverty, hunger, discrimination, exclusion, intolerance and hatred - when women and men can realize their highest potential and live a secure and fulfilling life. Until then, each and every one of us would have to contribute - collectively and individually - to build peace through non-violence."**

**-- Anwarul Chowdhury**

**BetterWorldHeroes.com**

...every act of compassion makes a difference...every day counts for a better world...

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