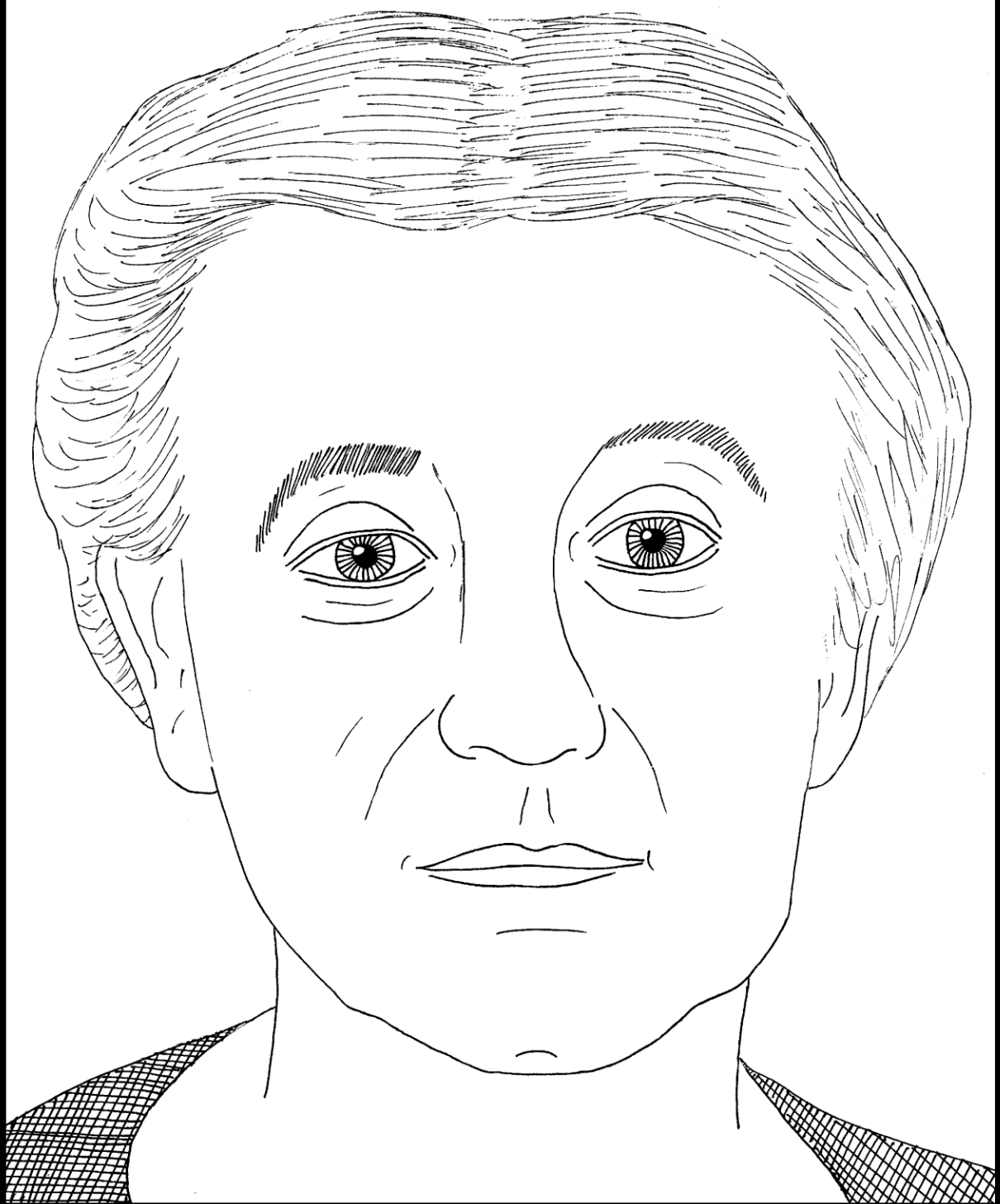


BE A HERO FOR A BETTER WORLD

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**"Only in time of fear is government thrown back to its primitive and sole function of self-defense and the many interests of which it is the guardian become subordinate to that."
-- Jane Addams**

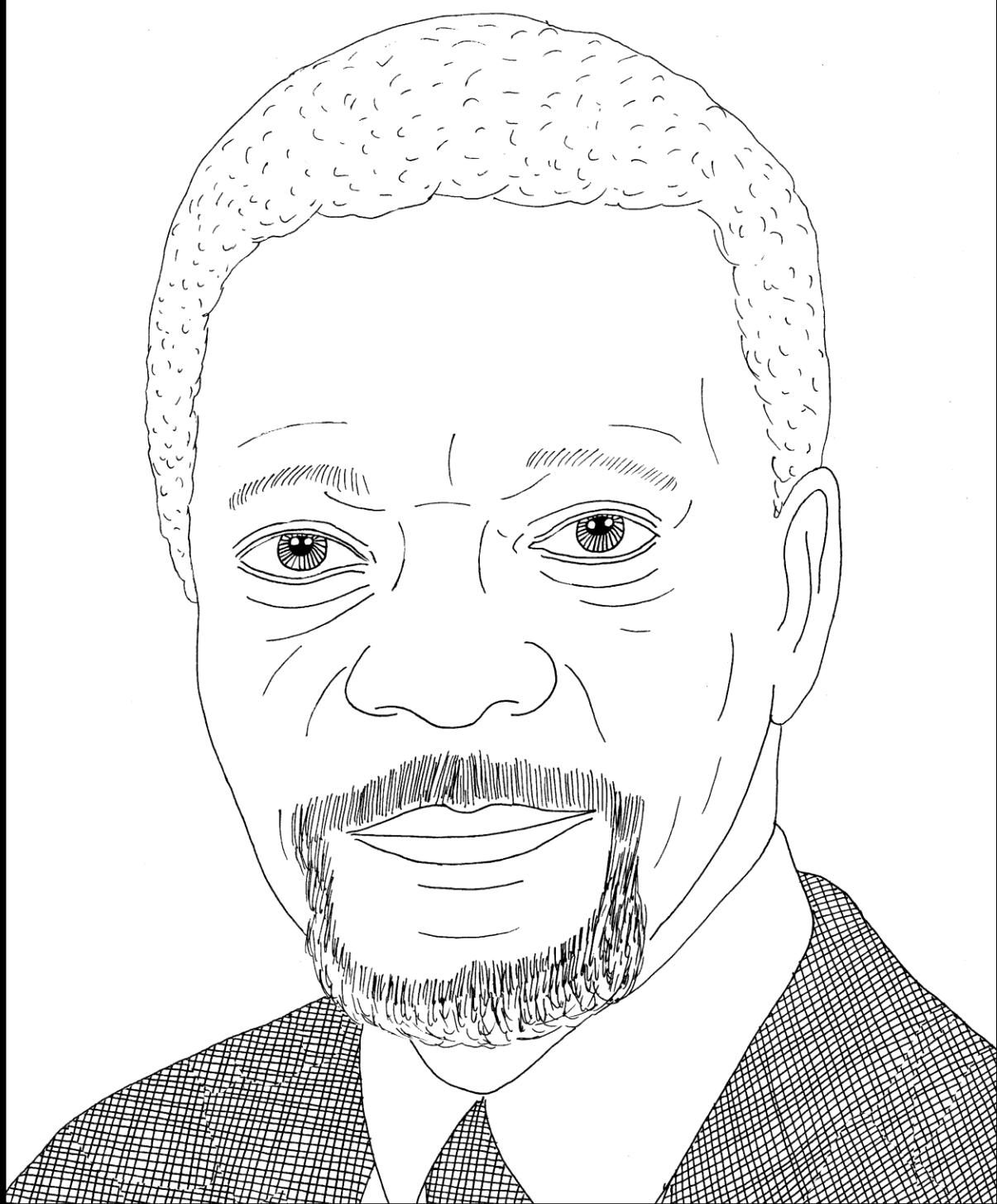
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"There is no trust more sacred than the one the world holds with children. There is no duty more important than ensuring that their rights are respected, that their welfare is protected, that their lives are free from fear and want and that they can grow up in peace."

-- Kofi Annan

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"Nuclear weapons play on our deepest fears and pander to our darkest instincts. They corrode our sense of humanity, numb our capacity for moral outrage, and make thinkable the unimaginable. They prey on democracies and totalitarian societies alike, shrinking the norms of civilized behavior ..."
-- General Lee Butler

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**"In order to succeed, your desire for success
should be greater than your fear of failure."**

-- Bill Cosby

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**"Love casts out fear."
-- Dorothy Day**

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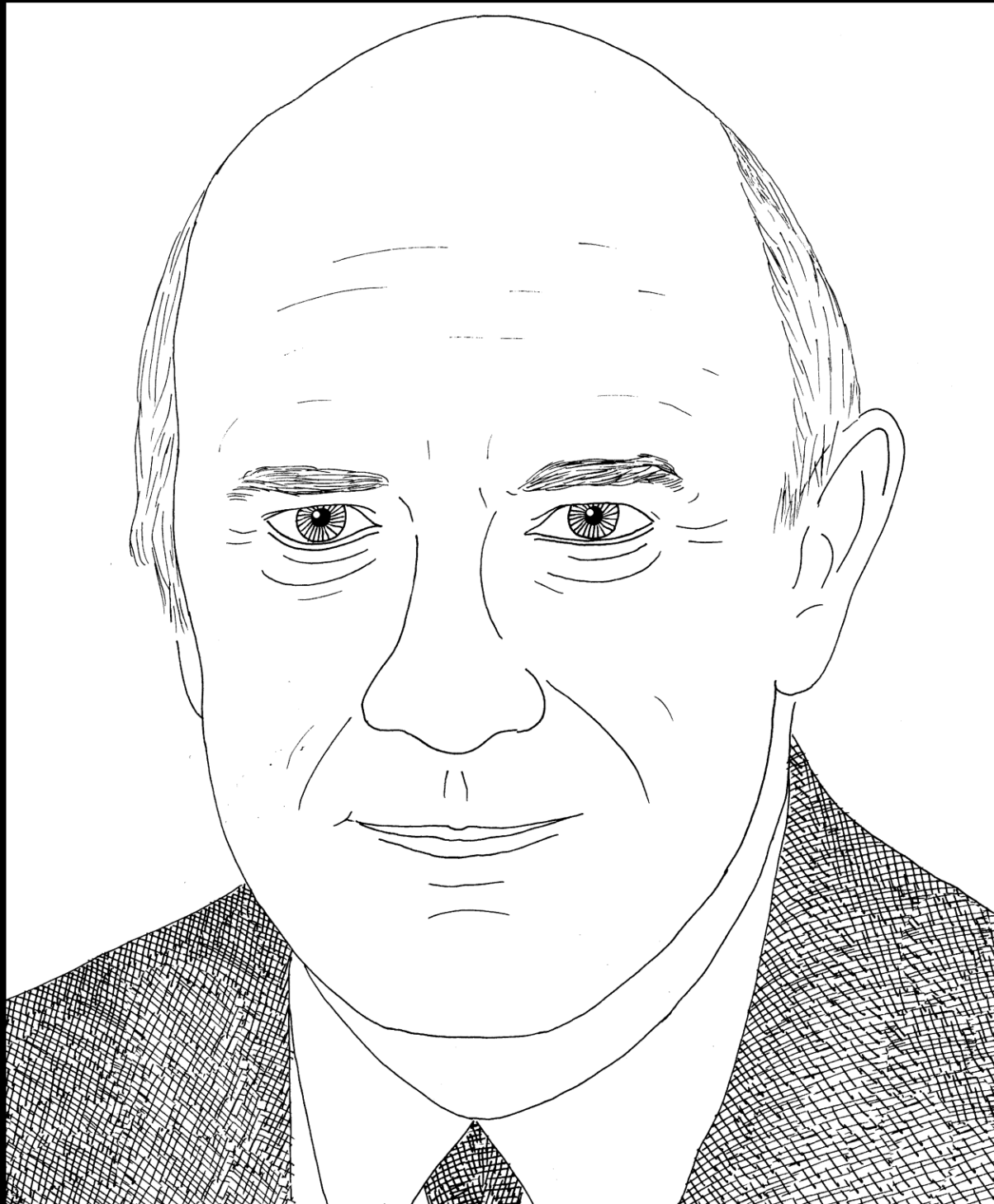
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"Peace does not fare well where poverty and deprivation reign. It does not flourish where there is ignorance and a lack of education and information. Repression, injustice and exploitation are inimical with peace. Peace is gravely threatened by inter-group fear and envy and by the unleashing of unrealistic expectations. Racial, class and religious intolerance and prejudice are its mortal enemies."

-- Frederik W. de Klerk

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**"Think first of the action that is right to take,
think later about coping with one's fears."**

-- Barbara Deming

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"While we diminish the stimulant of fear, we must increase to prisoners the incitements of hope, in proportion as we extinguish the terrors of the law, we should awaken and strengthen the control of the conscience."

-- Dorothea Dix

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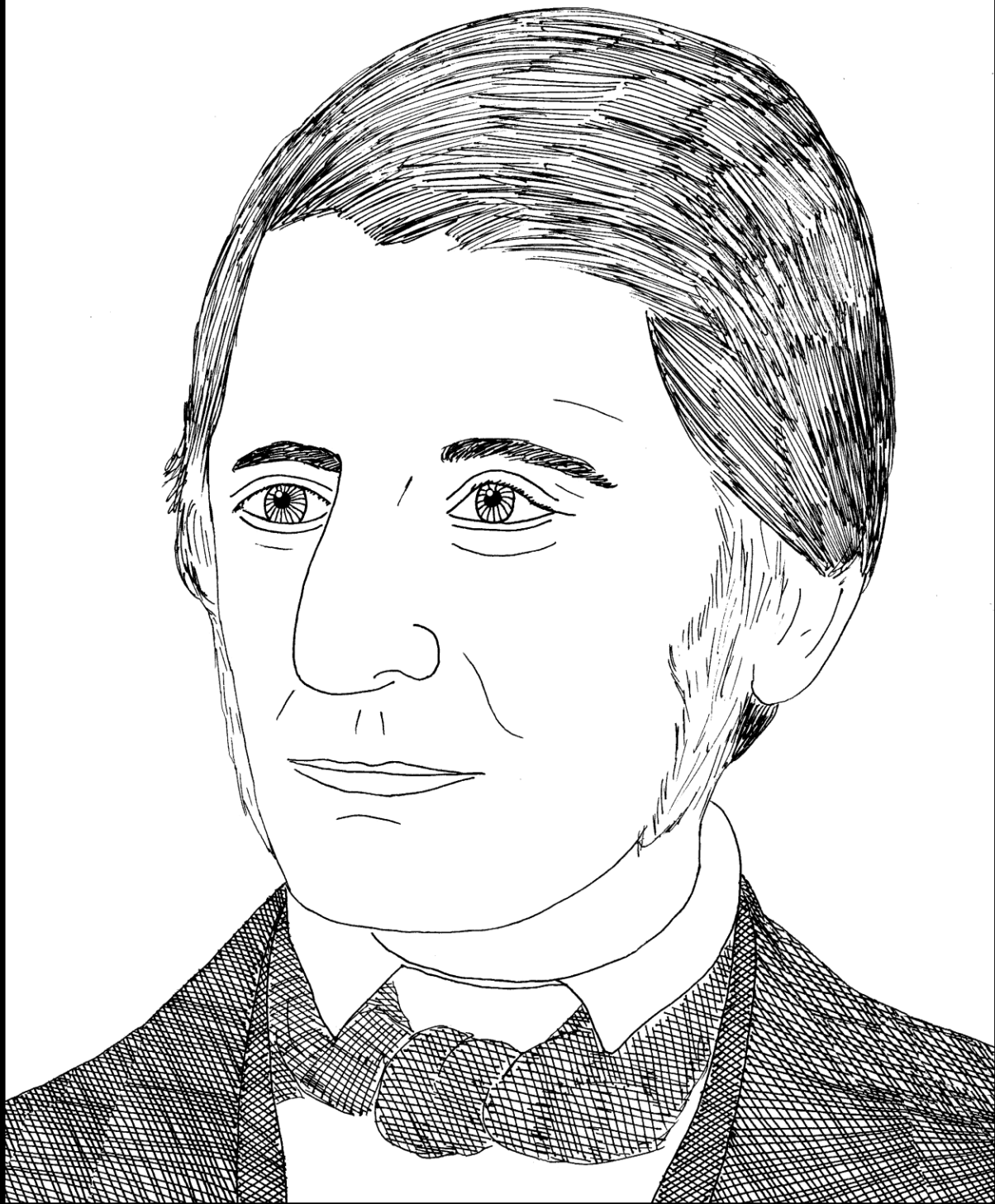
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**"Fear defeats more people than any other one thing in the world."
-- Ralph Waldo Emerson**

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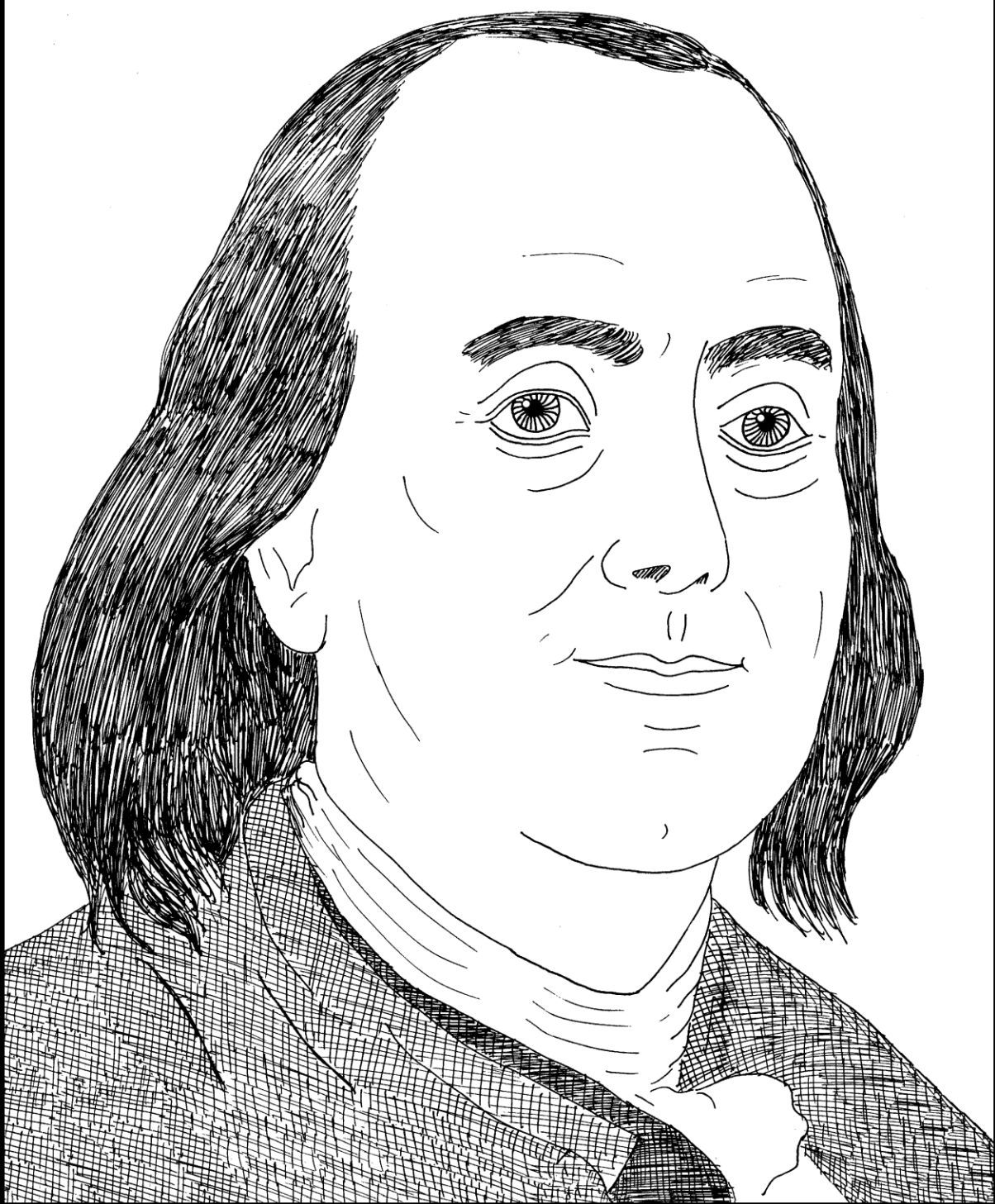
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**"Do not anticipate trouble, or worry about what may never happen."
-- Benjamin Franklin**

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**""Freedom from fear' could be said to sum up
the whole philosophy of human rights."
-- Dag Hammarskjöld**

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"Though we all have the fear and the seeds of anger within us, we must learn not to water those seeds and instead nourish our positive qualities – those of compassion, understanding, and loving kindness."

-- Thich Nhat Hanh

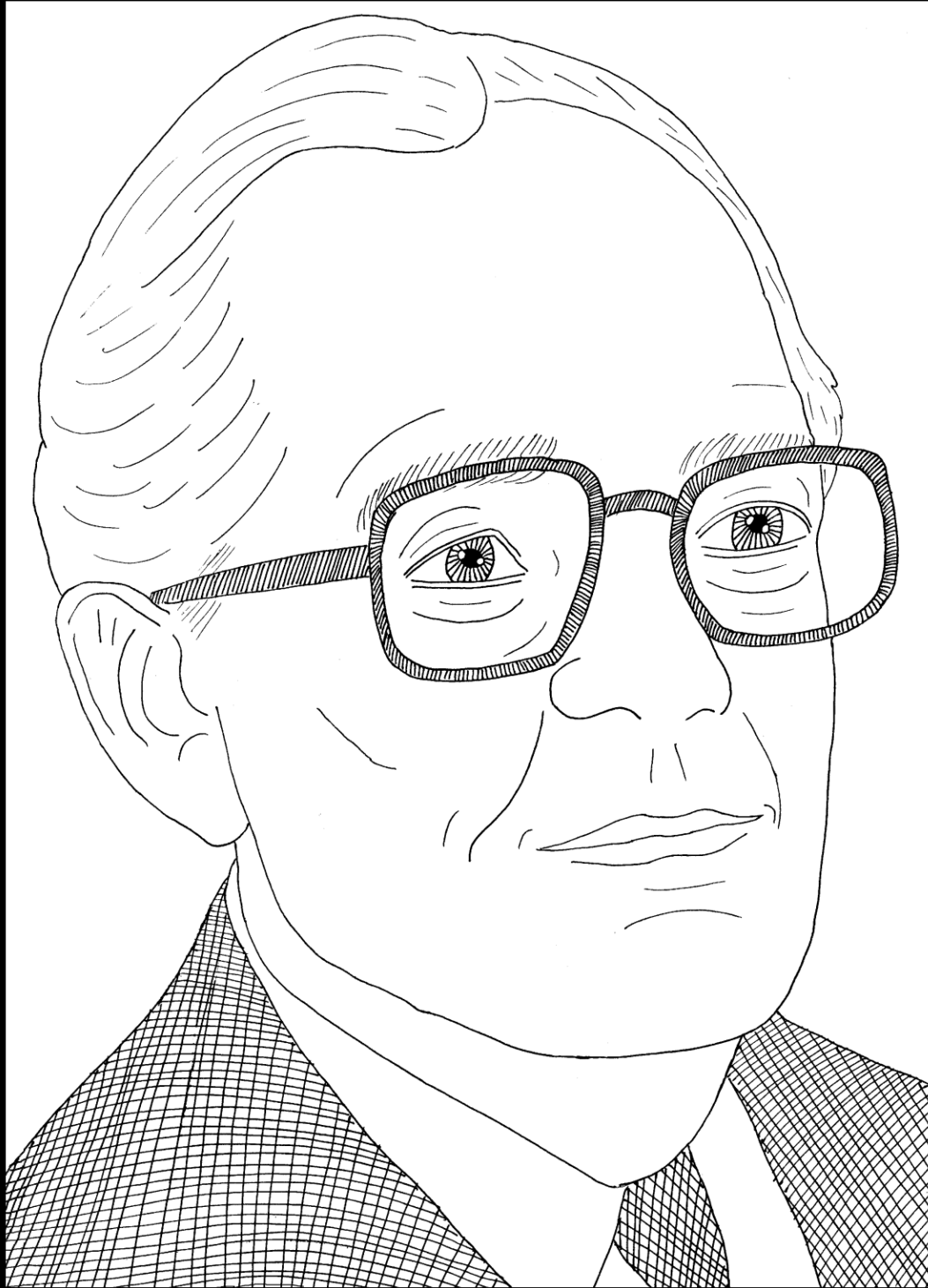
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**"Peace is more than just absence of war. It is rather a state in which no people of any country, in fact no group of people of any kind live in fear or in need."
-- Poul Hartling**

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**"We should not let our fears hold us back from pursuing our hopes."
-- John Fitzgerald Kennedy**

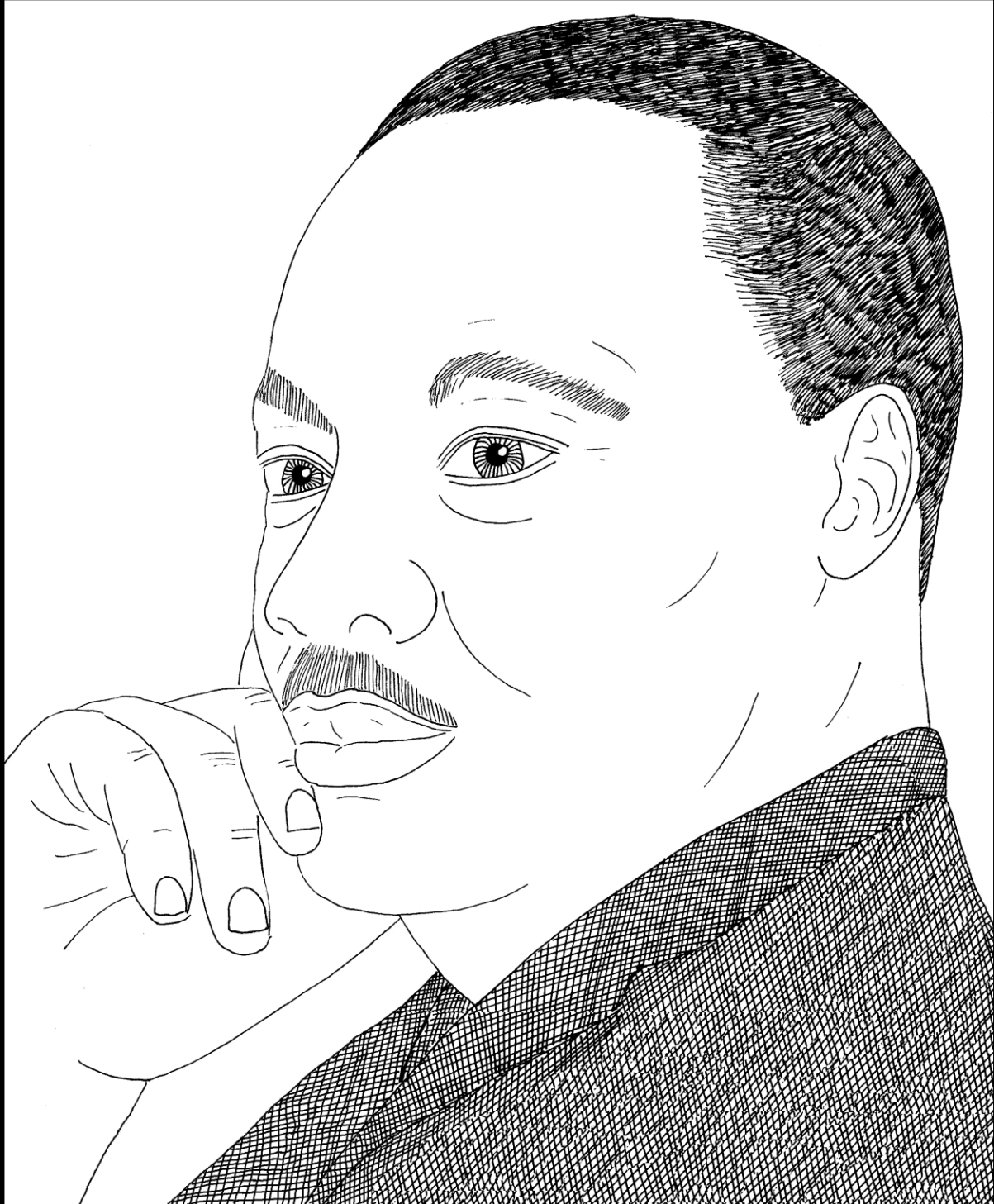
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"...unless we abdicate our humanity altogether and succumb to fear and impotence in the presence of the weapons we have ourselves created, it is as possible and as urgent to put an end to war and violence between nations as it is to put an end to poverty and racial injustice."

-- Martin Luther King Jr

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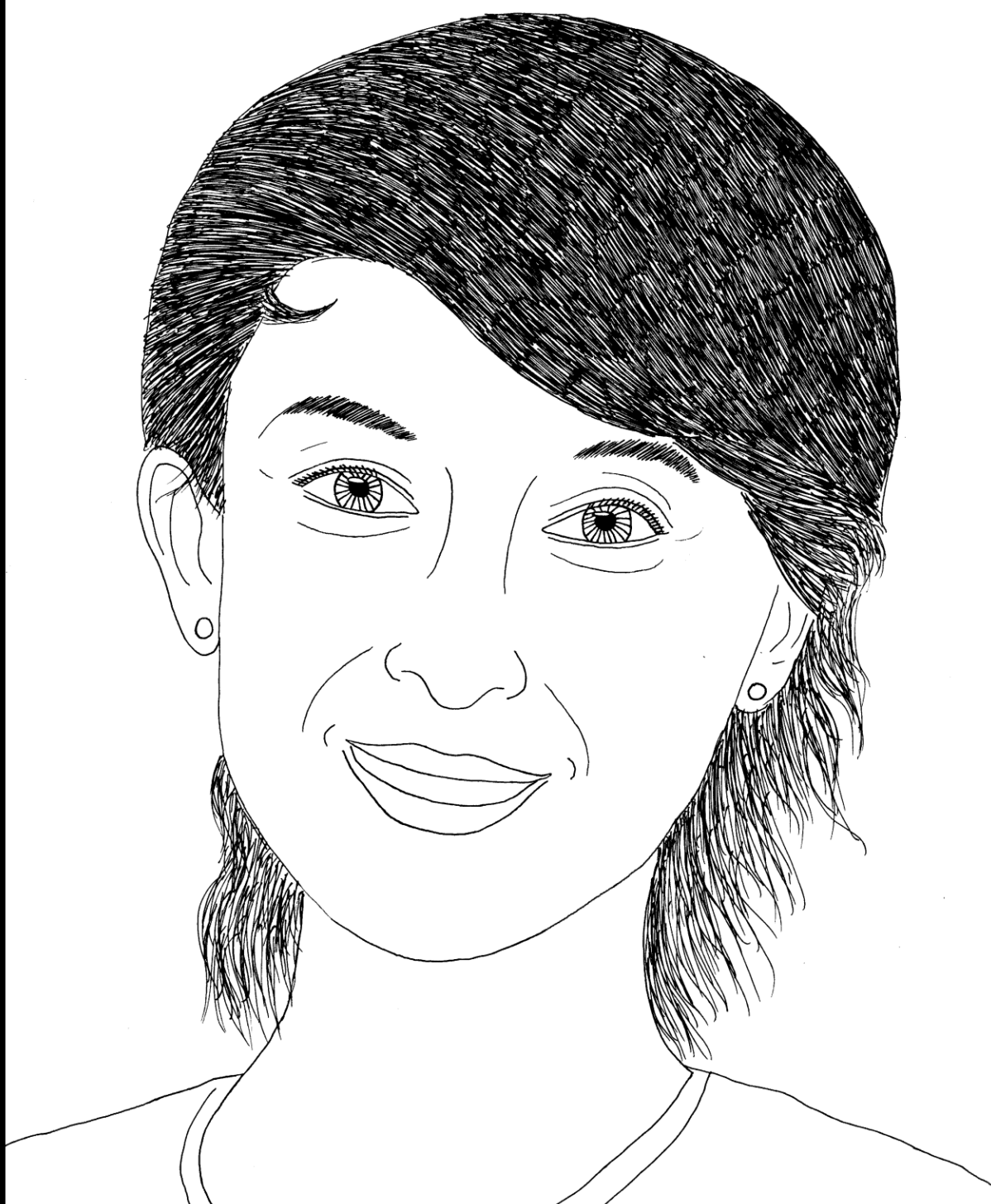
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**"Fear is not the natural state of civilized man."
-- Aung San Suu Kyi**

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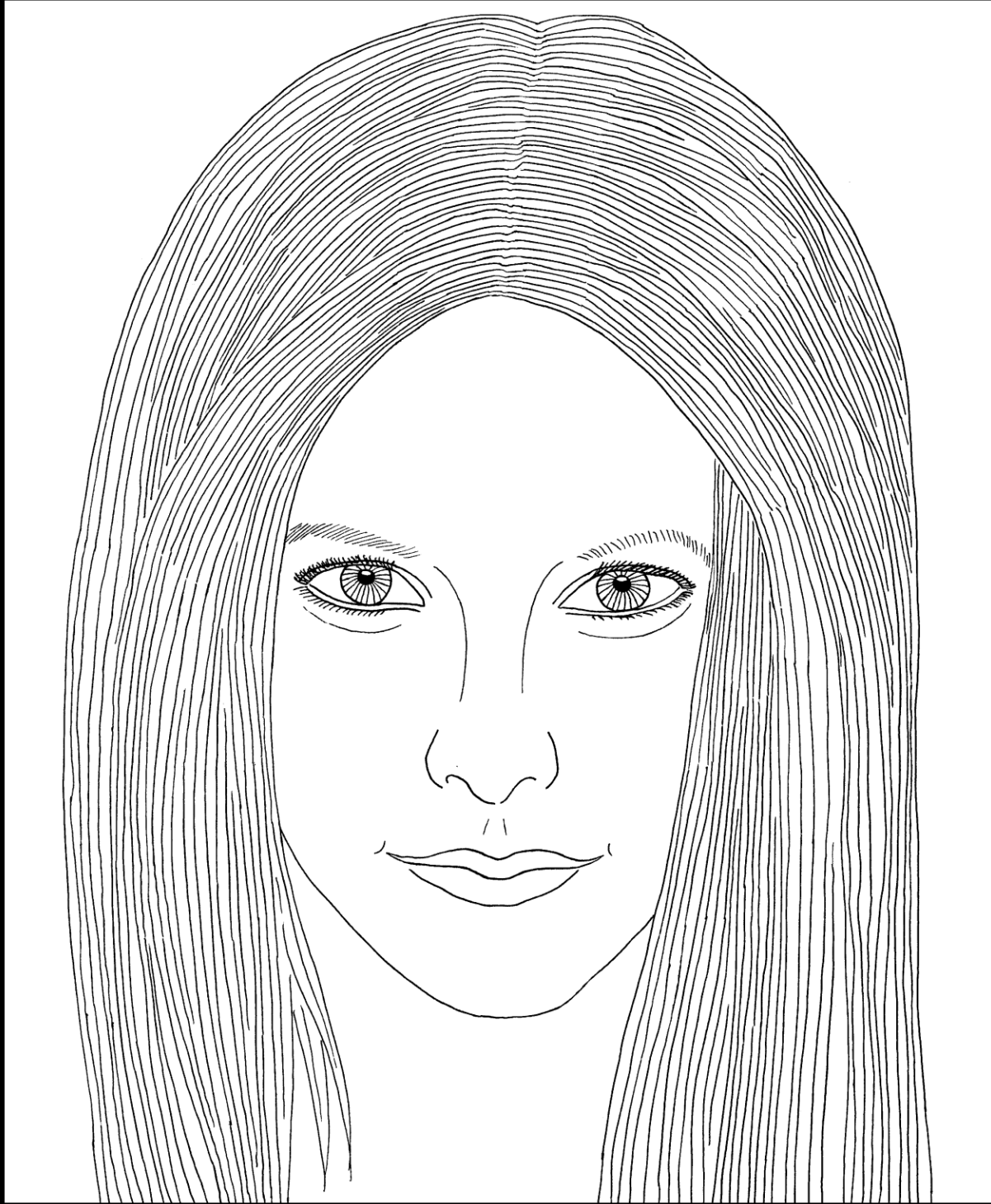
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**"The only fear is fear itself, so get rid of it."
-- Avril Lavigne**

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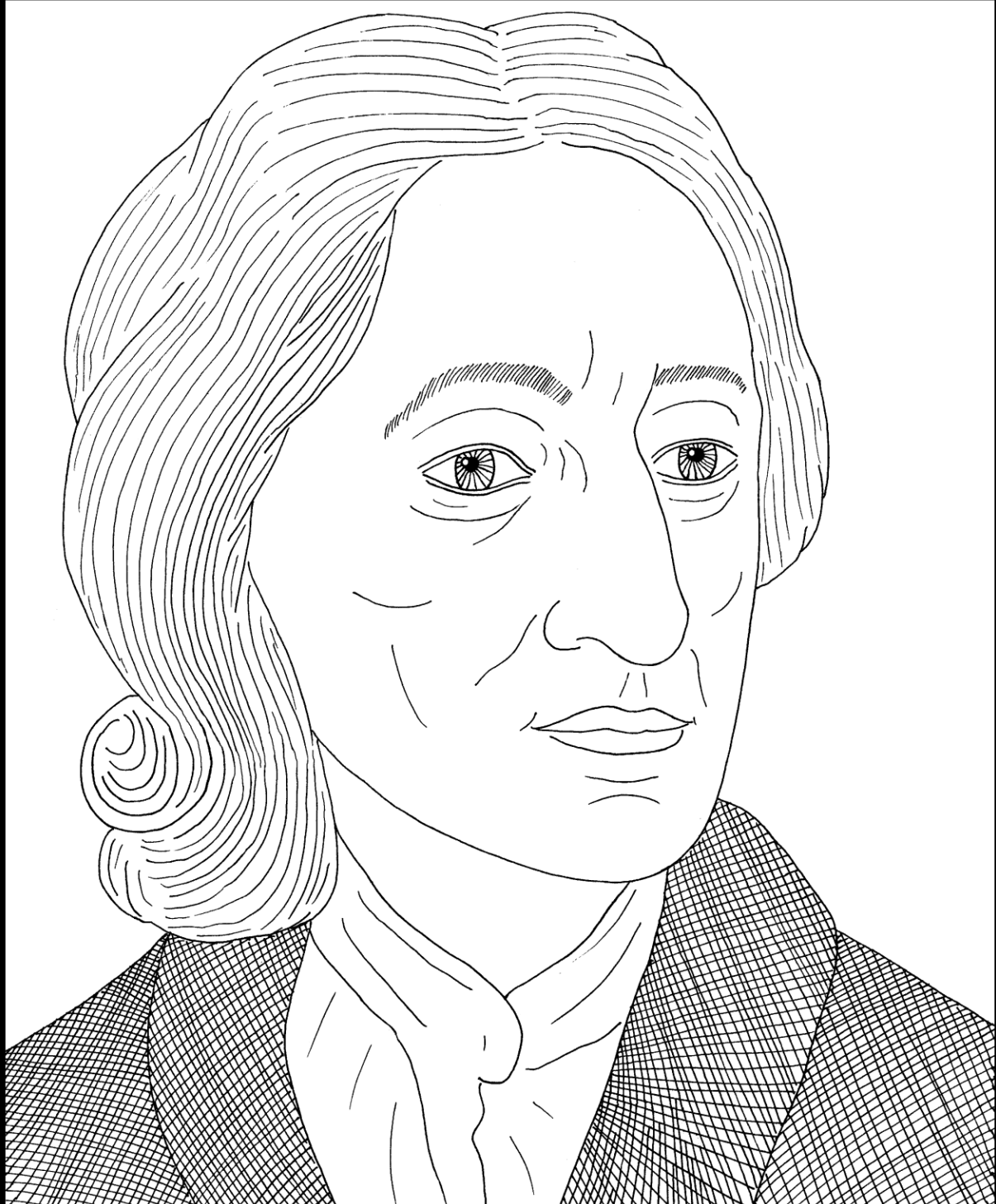
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**"What worries you, masters you."
-- John Locke**

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"If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear. People who can open to the web of life that called us into being".

-- Joanna Macy

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**"As we are liberated from our own fear,
our presence automatically liberates others."
-- Nelson Mandela**

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**"I want us all to face our fears
and stop behaving like our goal in life is to merely survive."
-- Michael Moore**

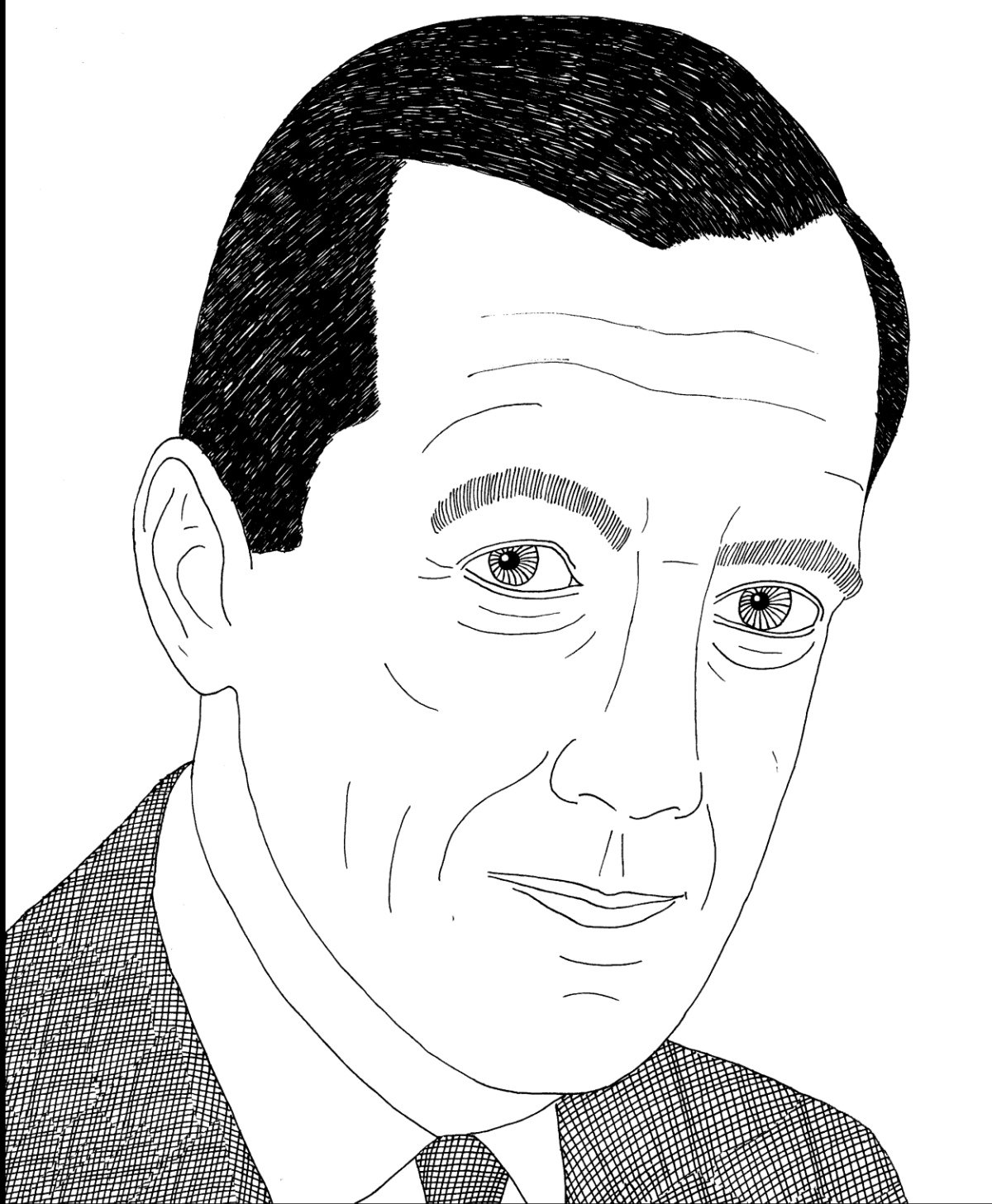
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MAKE A DIFFERENCE

"We must not confuse dissent with disloyalty. We will not be driven by fear into an age of unreason if we remember that we are not descended from fearful men, not from men who feared to write, to speak, to associate and to defend causes which were, for the moment, unpopular."

-- Edward R. Murrow

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"We are privileged to have the opportunity of contributing to the achievement of the goal of the abolition of war and its replacement by world law. I am confident that we shall succeed in this great task; that the world community will thereby be freed not only from the suffering caused by war but also through the better use of the earth's resources, of the discoveries of scientists, and of the efforts of mankind, from hunger, disease, illiteracy, and fear; and that we shall in the course of time be enabled to build a world characterized by economic, political, and social justice for all human beings and a culture worthy of man's intelligence."

-- Linus Pauling

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**"Be a sweet melody in the great orchestration, instead of a discordant note.
The medicine this sick world needs is love.
Hatred must be replaced by love, and fear by faith that love will prevail."
-- Peace Pilgrim**

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**"Misunderstanding arising from ignorance breeds fear,
and fear remains the greatest enemy of peace."**

-- Lester B. Pearson

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"Once you inject fear into a society of people, they become more and more afraid because they don't cross over the neighborhoods and the only information they get about other people is through the media."

-- Sister Helen Prejean

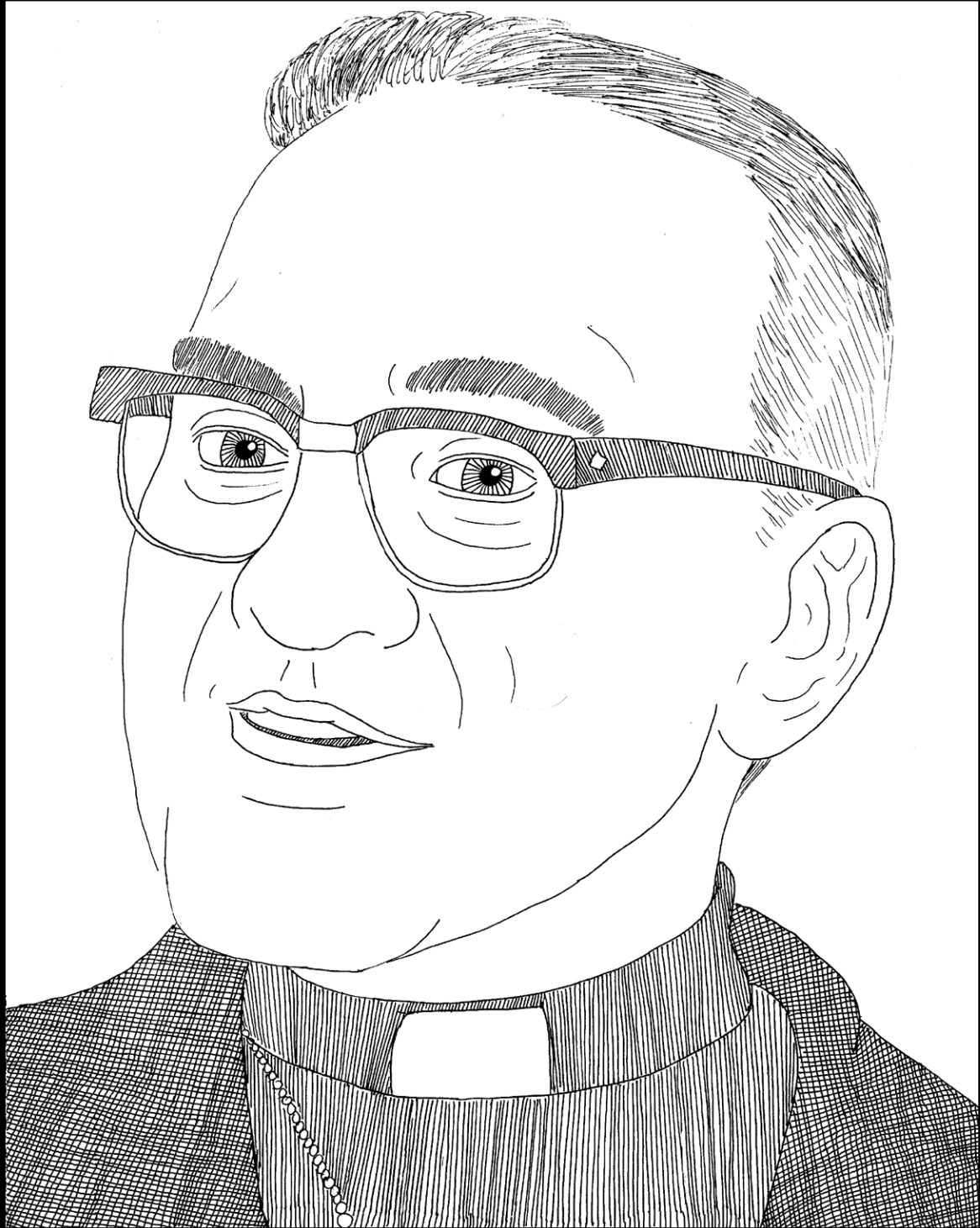
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**"Peace is not the product of terror or fear. Peace is not the silence of cemeteries. Peace is not the silent result of violent repression. Peace is the generous, tranquil contribution of all to the good of all. Peace is dynamism. Peace is generosity. It is right and it is duty."
-- Oscar Romero**

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**"You gain strength, courage and confidence by every
experience in which you really stop to look fear in the face...
You must do the thing you think you cannot do."**

-- Eleanor Roosevelt

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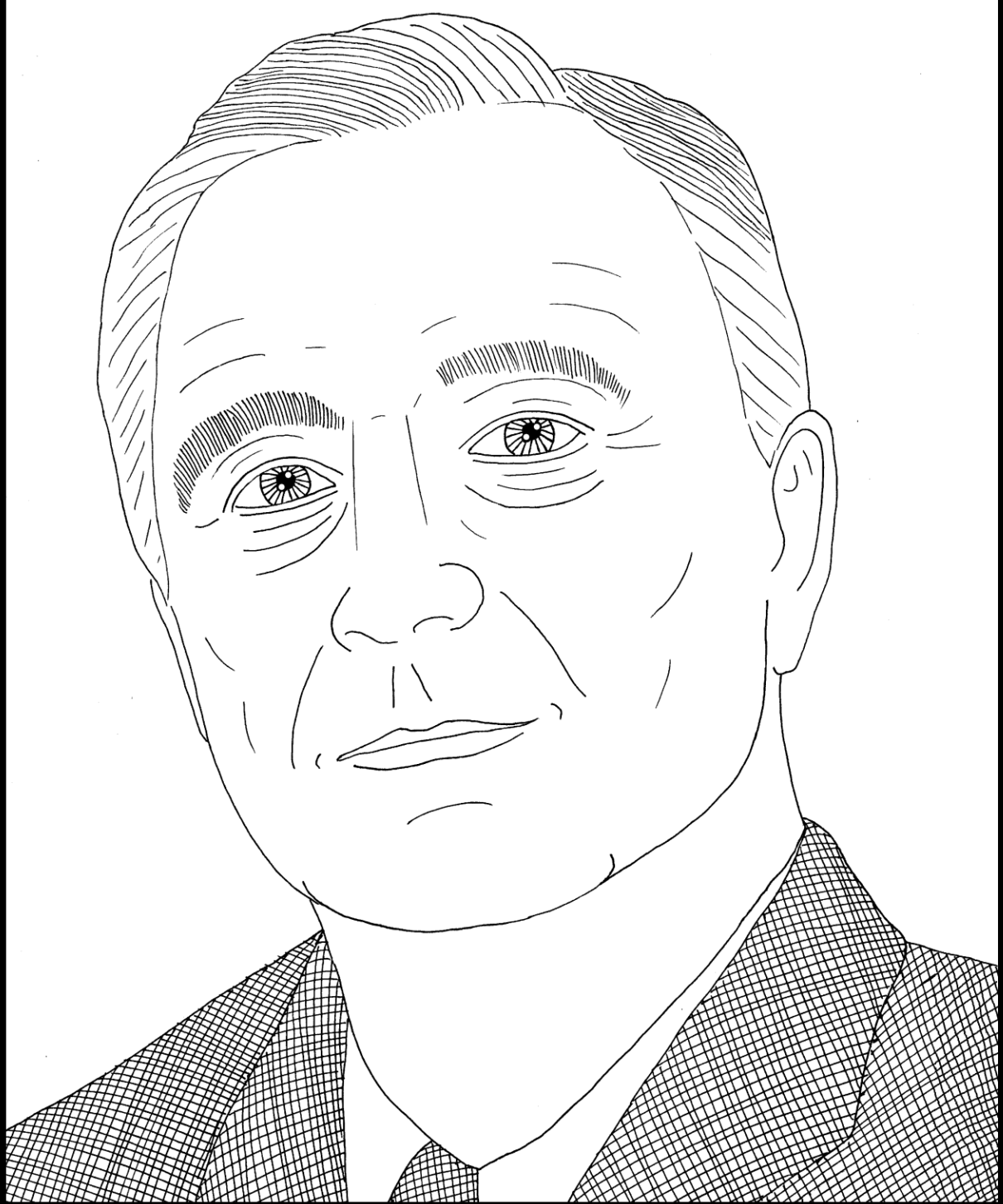
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**"The only thing we have to fear is fear itself."
-- Franklin D. Roosevelt**

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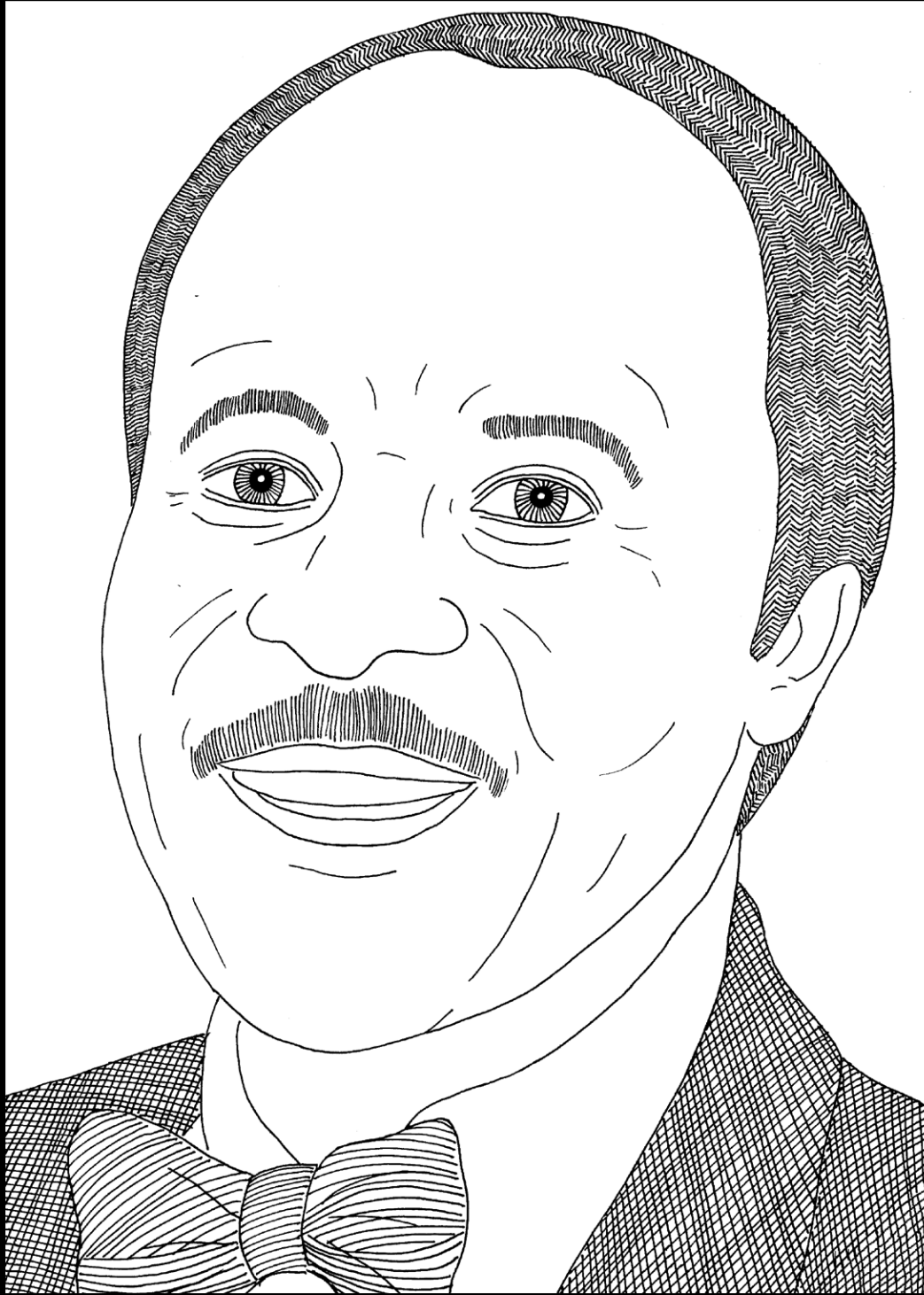
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"There is no greater gift to an insecure leader that quite matches a vague enemy who can be used to whip up fear and hatred among the population."

-- Paul Rusesabagina

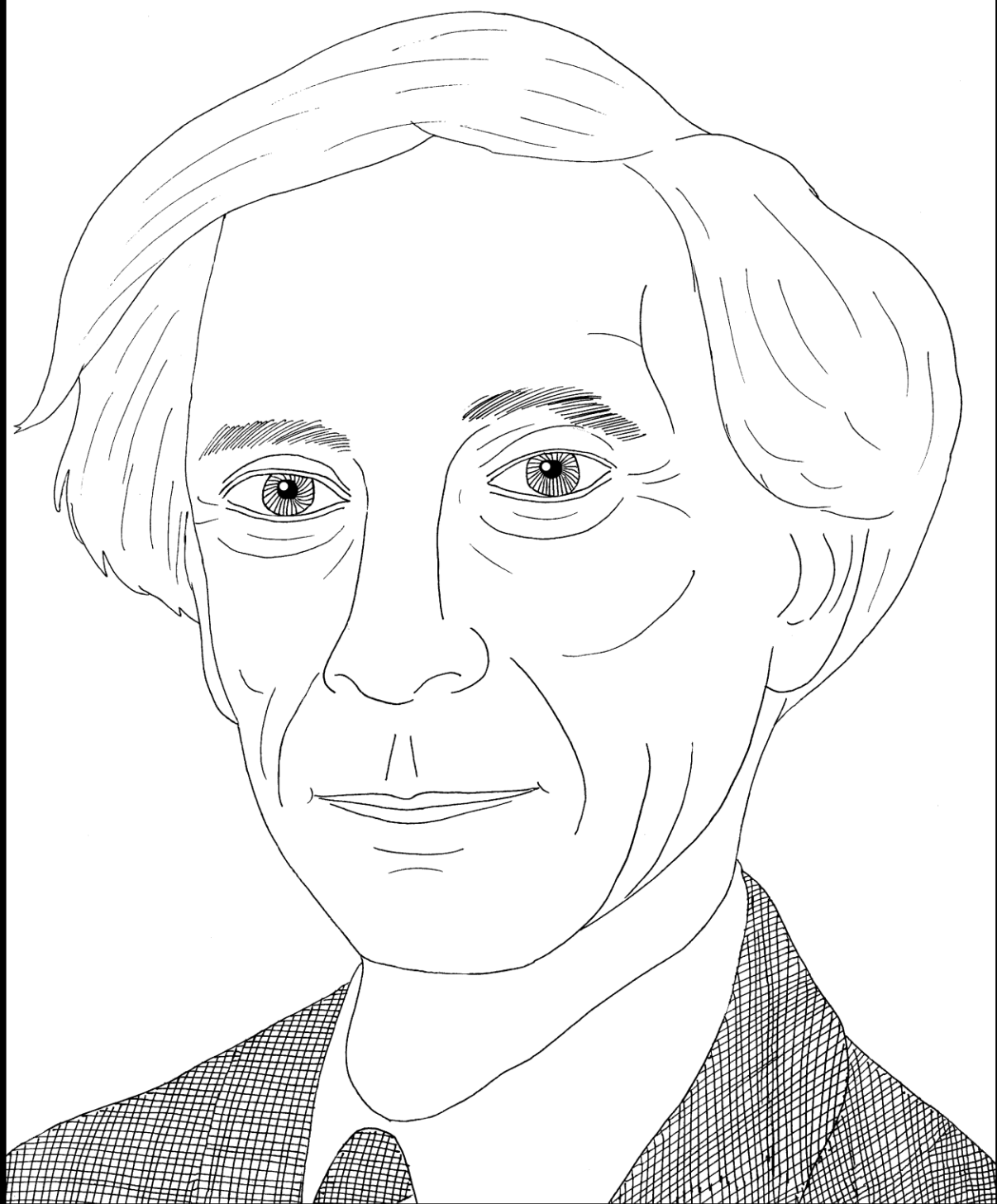
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**"Fear is the main source of superstition, and one of the main sources of cruelty. To conquer fear is the beginning of wisdom."
-- Bertrand Russell**

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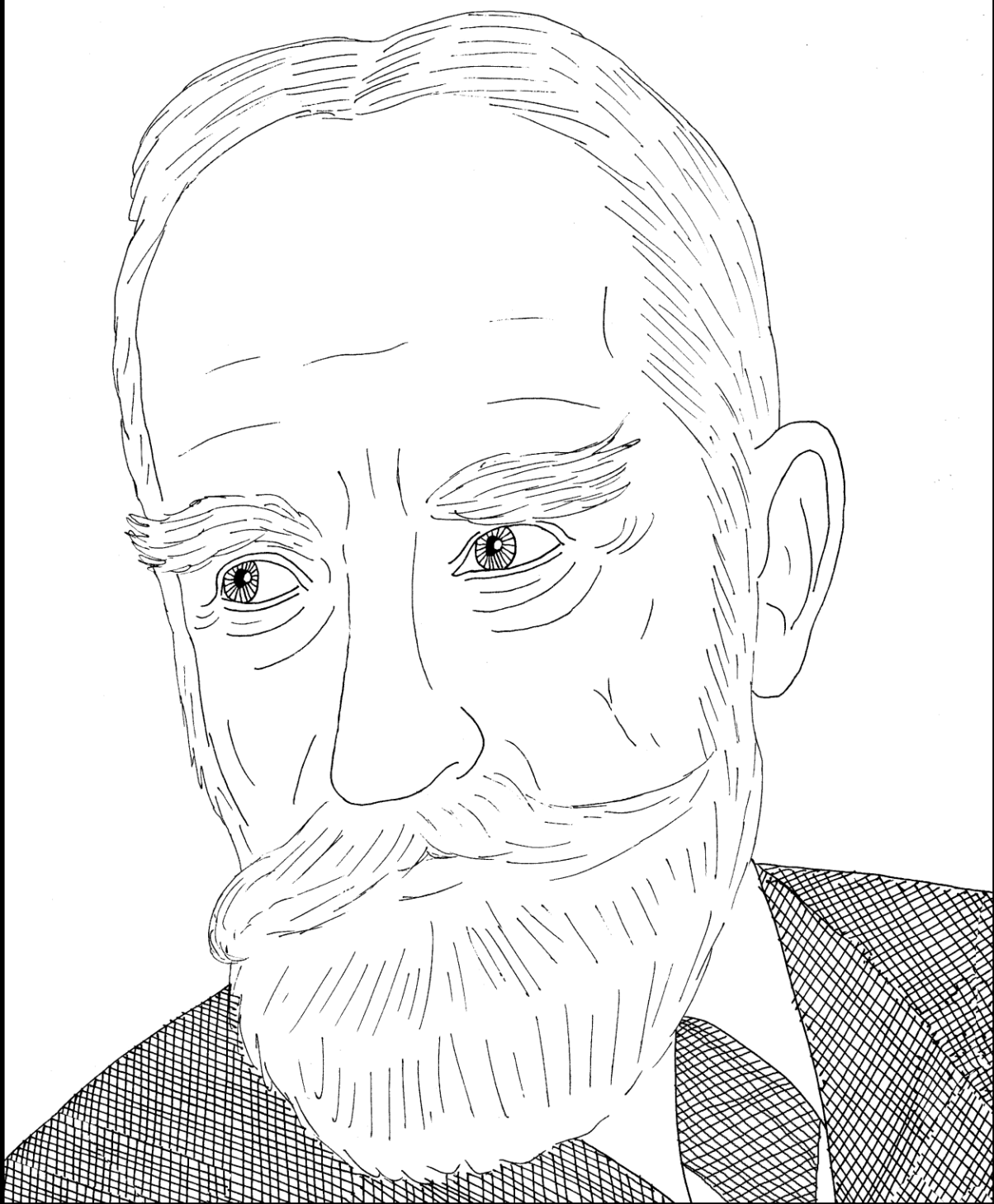
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**"The slave of fear: the worst of slaveries"
-- George Bernard Shaw**

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"In many ways, the world is a dangerous place. But if we chose not to let fear control our lives, and instead stood up and worked together to change the way things are, this would be a much better world for everyone."

-- Robert Alan Silverstein

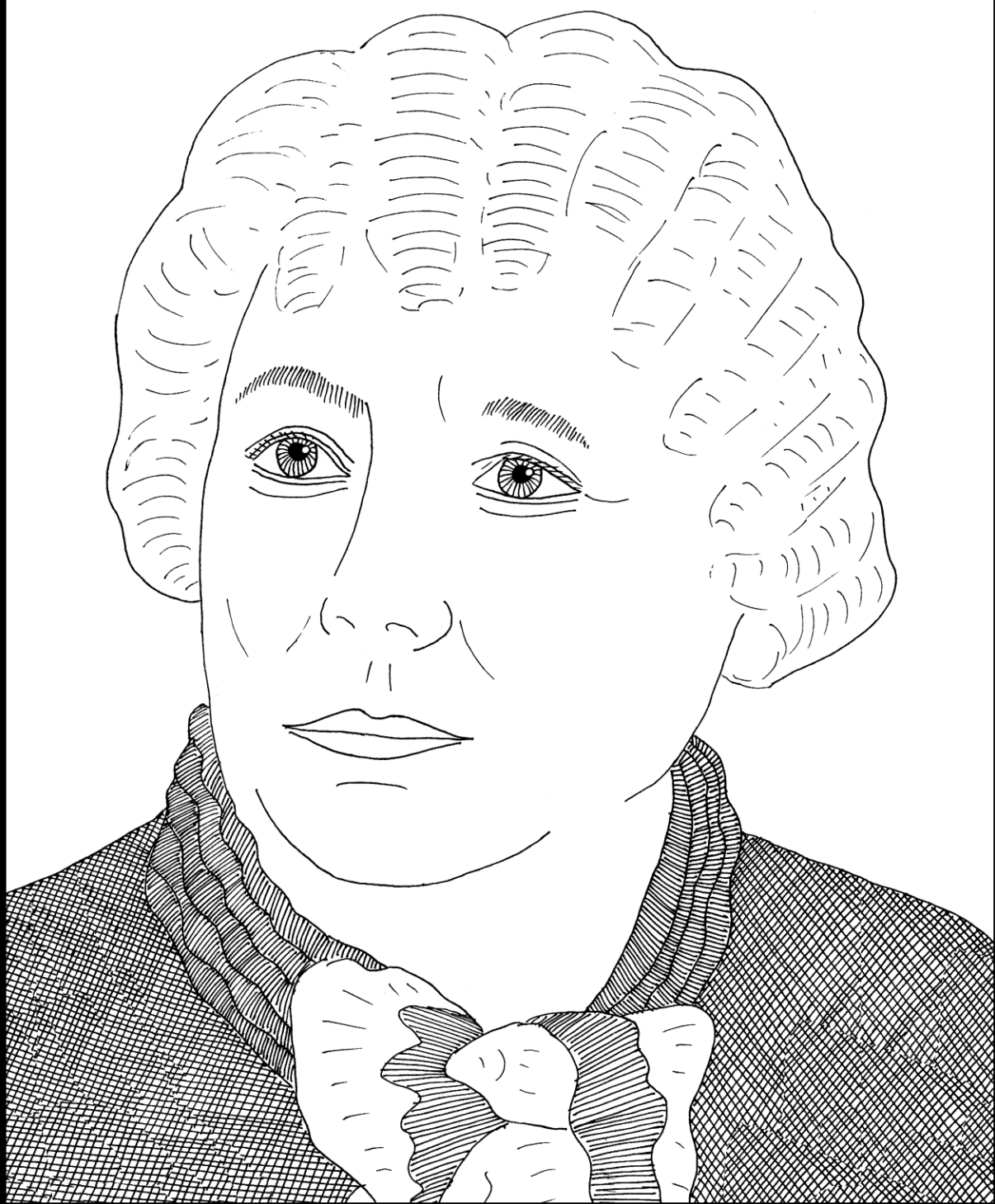
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The moment we begin to fear the opinions of others and hesitate to tell the truth that is in us, and from motives of policy are silent when we should speak, the divine floods of light and life no longer flow into our souls."

-- Elizabeth Cady Stanton

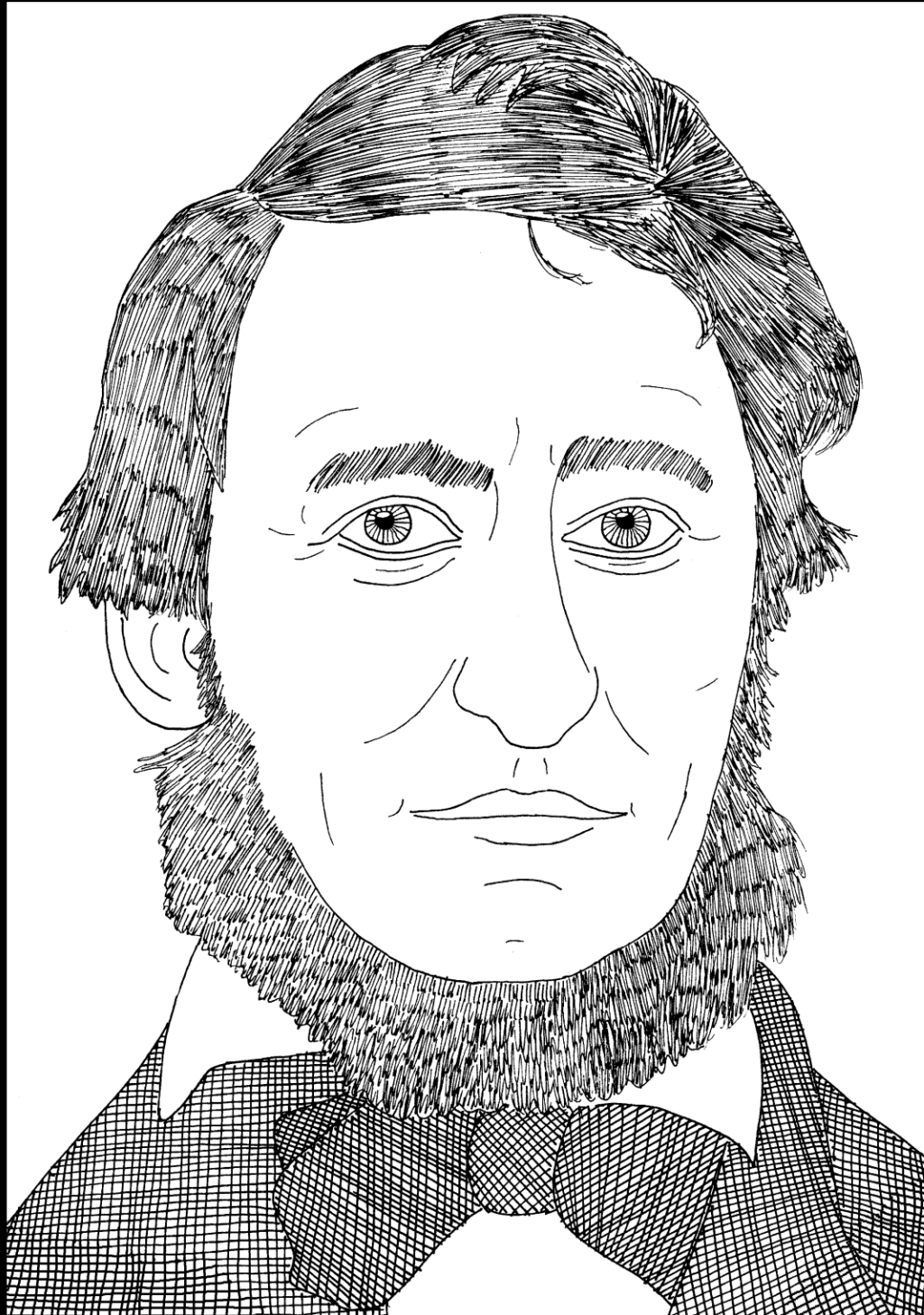
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**"When I hear music, I fear no danger. I am invulnerable. I see no foe. I am related to the earliest times, and to the latest."
-- Henry David Thoreau**

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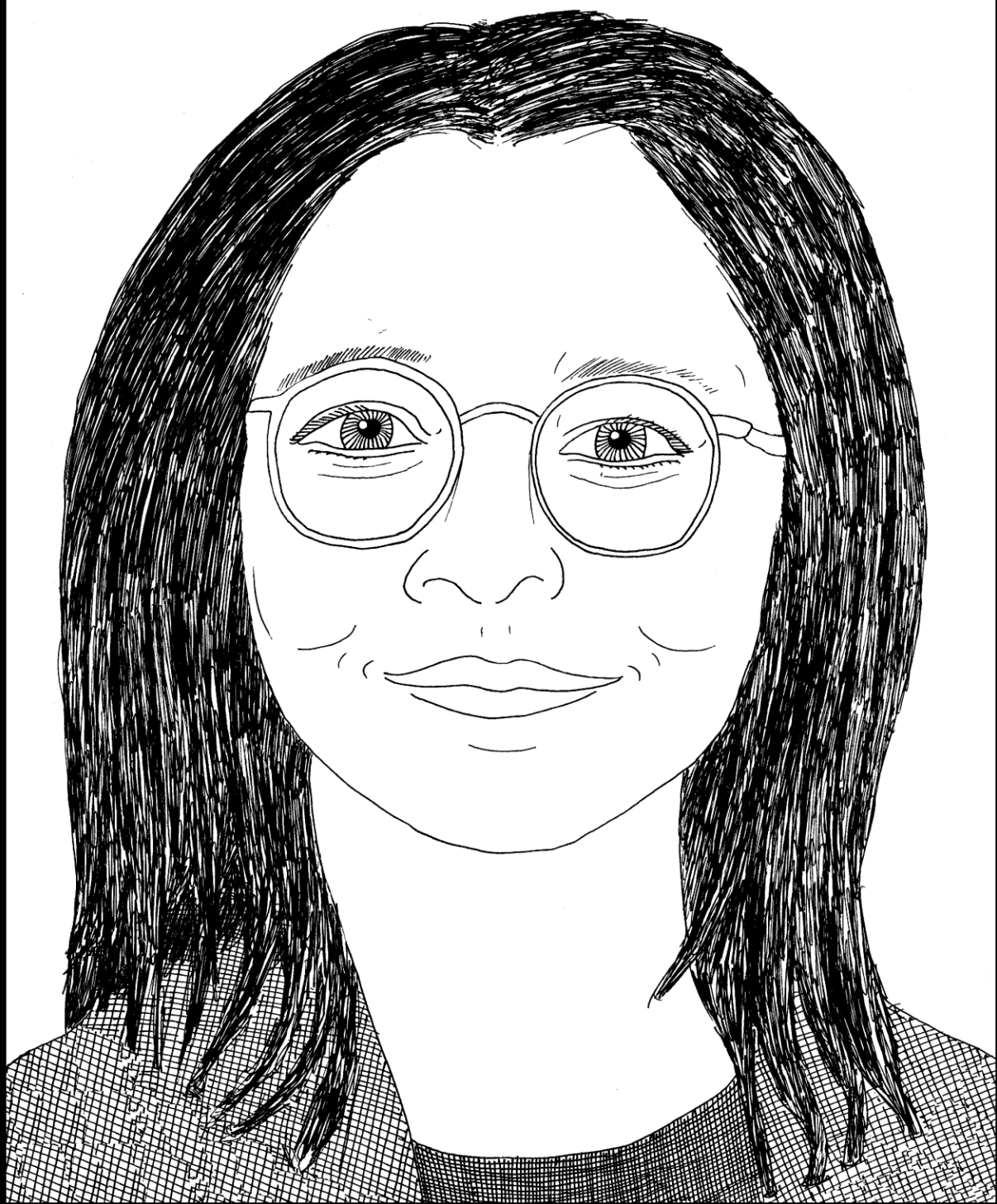
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"For in the end, freedom is a personal and lonely battle; and one faces down fears of today so that those of tomorrow might be engaged."

~ Alice Walker

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**"Love is what we are born with. Fear is what we learn.
The spiritual journey is the unlearning of fear and prejudices
and the acceptance of love back in our hearts."**

-- Marianne Williamson

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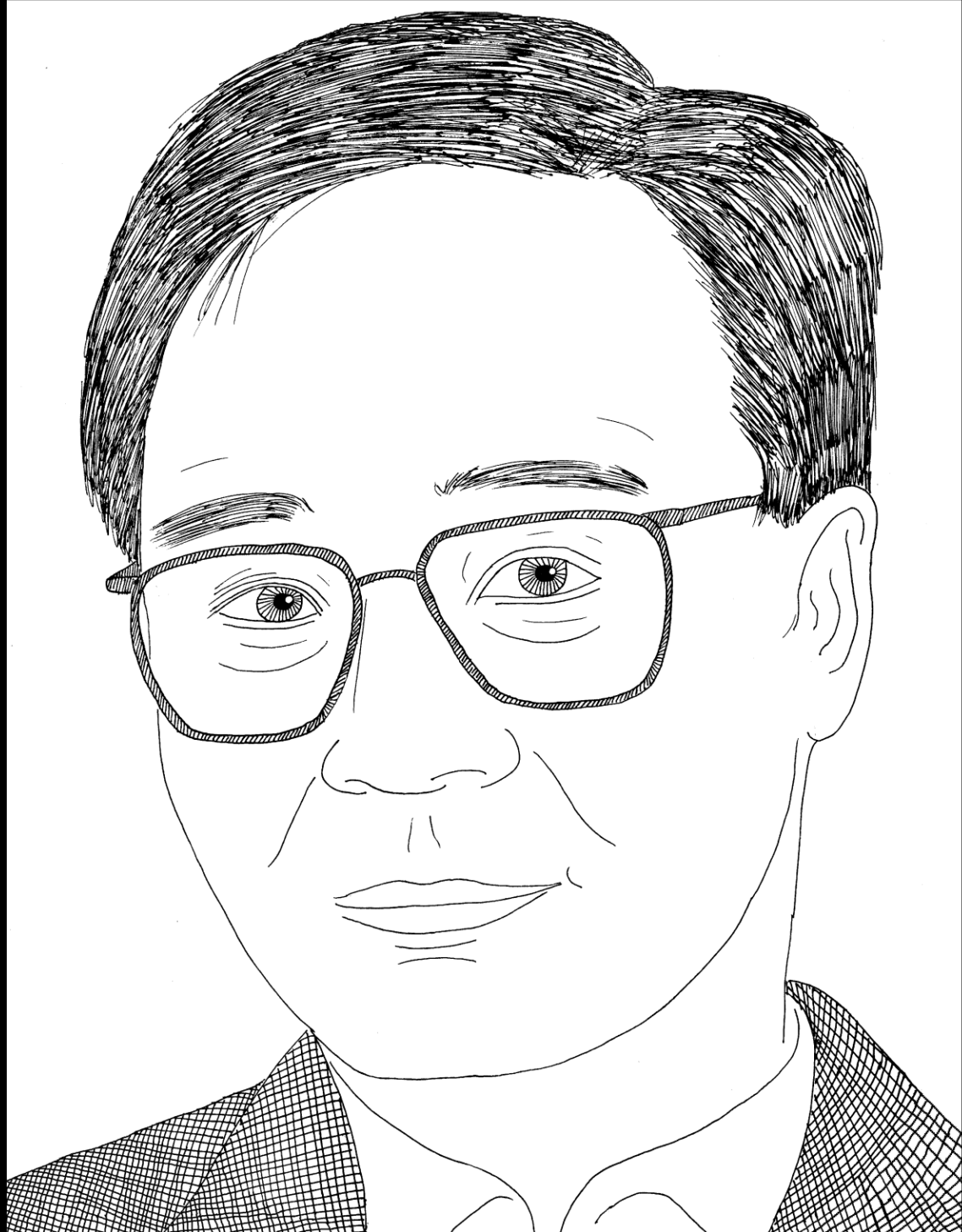
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BE A HERO FOR A BETTER WORLD

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"Chinese and Tibetan dissidents are either locked up in prison, forced into hiding, or silenced by fear of police retaliation against their families. All the happiness about China's economic growth has made many Americans forget that police clubs and guns and the Laogai system keep the Communist Party in power. Moreover, it is still little recognized how American resources help to sustain that power through trade, investments, and the transfer of technology..."

-- Harry Wu

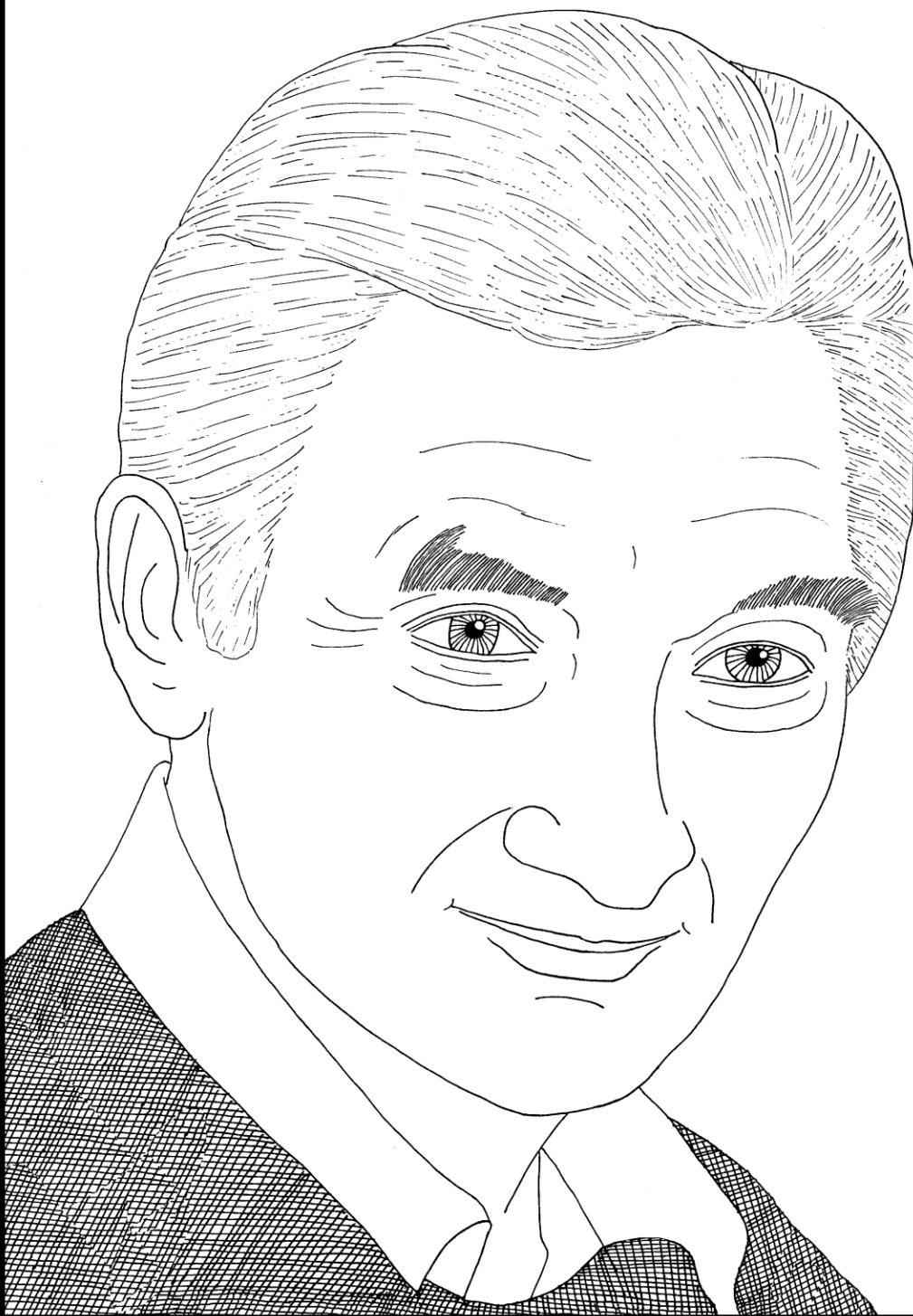
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BE A HERO FOR A BETTER WORLD

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"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

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