# WORLD KINDNESS DAY - NOVEMBER 13
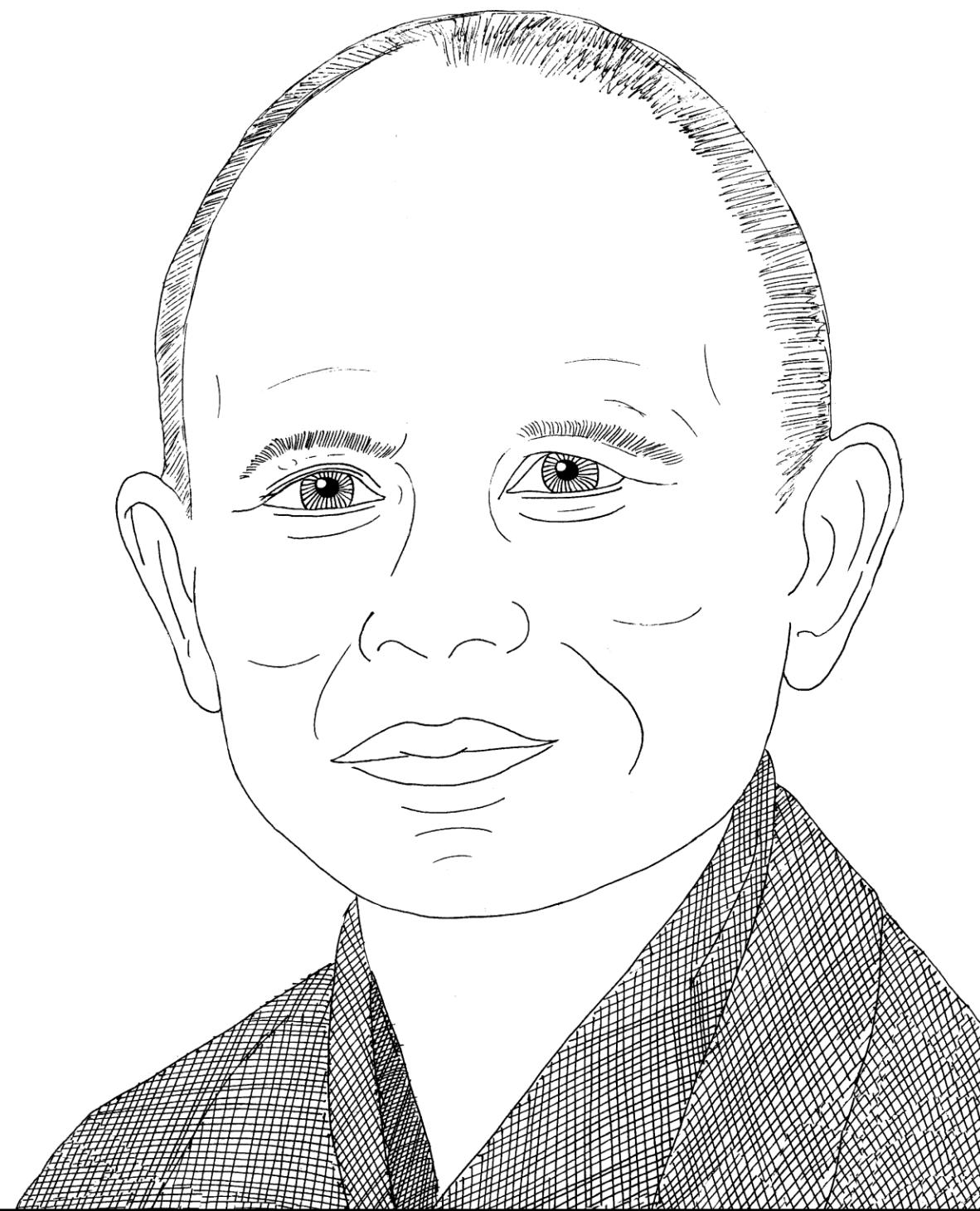
BE KIND FOR A BETTER WORLD

BE KIND FOR A BETTER WORLD



"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

## Be a Hero for a Better World - betterworld.net