## BE A HERO FOR A BETTER WORLD

M M A A K E D D E E R E R E N C

"Internal peace is an essential first step to achieving peace in the world. How do you cultivate it? It's very simple. In the first place by realizing clearly that all mankind is one, that human beings in every country are members of one and the same family."

-- The 14th Dalai Lama

## BetterWorldHeroes.com