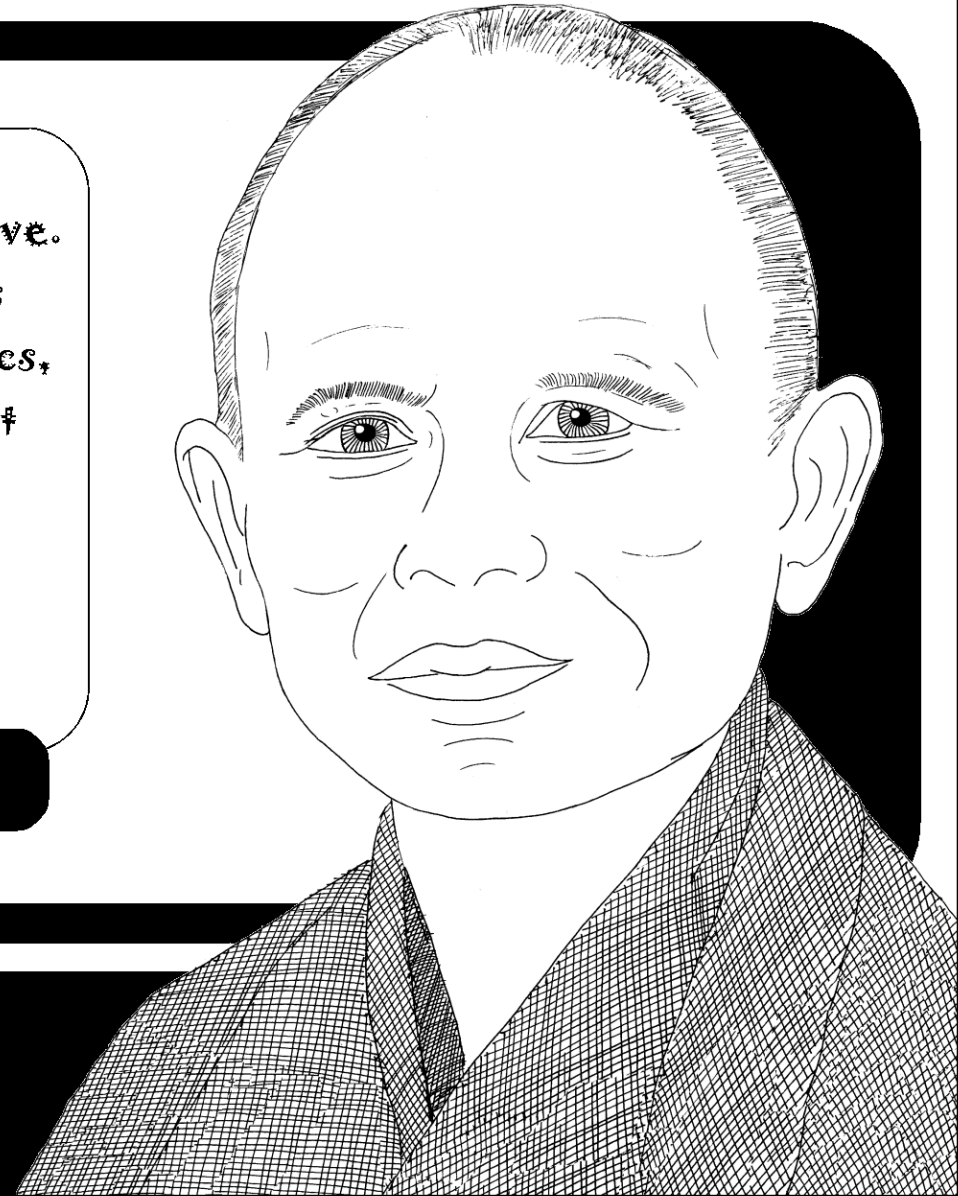


# Be a Hero for a Better World!

"The essence of nonviolence is love.  
Out of love and the willingness  
to act selflessly, strategies, tactics,  
and techniques for a nonviolent  
struggle arise naturally.  
Nonviolence is not a dogma;  
it is a process."  
-- Thich Nhat Hanh

[BetterWorldHeroes.com](http://BetterWorldHeroes.com)



## Be A Hero For A Better World

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