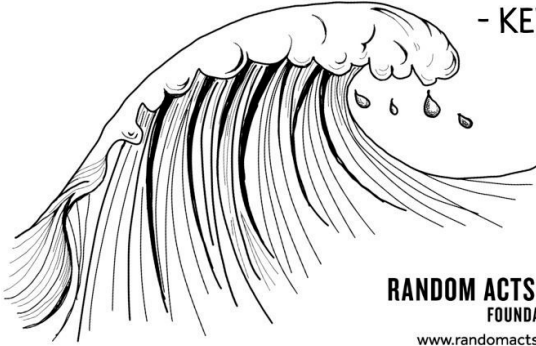


"NO ACT OF KINDNESS IS TOO SMALL.
THE GIFT OF KINDNESS MAY START AS A
SMALL RIPPLE THAT OVER TIME CAN
TURN INTO A TIDAL WAVE AFFECTING
THE LIVES OF MANY."

- KEVIN HEATH



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"TOO OFTEN WE UNDERESTIMATE THE POWER OF
A TOUCH, A SMILE, A KIND WORD, A LISTENING
EAR, AN HONEST COMPLIMENT, OR THE SMALLEST
ACT OF CARING, ALL OF WHICH HAVE THE
POTENTIAL TO TURN A LIFE AROUND."

- LEO BUSCAGLIA



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"IF YOU WANT OTHERS TO BE HAPPY, PRACTICE
COMPASSION. IF YOU WANT TO BE HAPPY,
PRACTICE COMPASSION"

- DALAI LAMA



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"REMEMBER THERE'S NO SUCH THING AS A
SMALL ACT OF KINDNESS. EVERY ACT CREATES
A RIPPLE WITH NO LOGICAL END."

- SCOTT ADAMS



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