


BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"It is the heart that makes a man rich. He is rich according to what he is, not according to what he has."
— Henry Ford

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"I cherish simplicity as an all-comprehensive value."
— Elie Wiesel

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"The consumption society has made us feel that happiness lies in having things, and has failed to teach us the happiness of not having things."
— Elie Building

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"I find the universe beautiful enough to find the air and the water contaminated by the reflection of a morning walk on an evening sunset... To be struck by the stars at night is to attend once a birth, or a rebirth, or a spring... There are some of the secrets of the simple life."
— John Burroughs

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"If one's life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, being satisfied with what one has, is very vital."
— Toni Oyston, 14th Dalai Lama

Do One Thing for a Better World

BetterWorld

Issue:

SIMPLICITY

...make a difference...

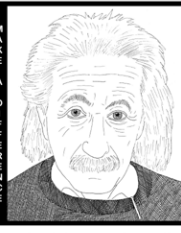
Do One Thing
for a Better World.

Together
We Make a World of Difference!

© The Emily Fund
Distribute freely - no endorsement implied

DoOneThing.org - EmilyFund.org

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"I believe that a simple and unassuming manner of life is best for everyone, best both for the body and the mind."
— Albert Einstein

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Live simply so that others may simply live."
— Mahatma Gandhi

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"The ordinary arts we practice every day at home are of more importance to the soul than their simplicity might suggest."
— Thomas More

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD

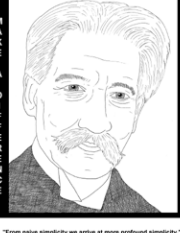


MAKE A DIFFERENCE

"A little simplification would be the first step toward rational living. I think."
— Eleanor Roosevelt

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"From native simplicity we arrive at more profound simplicity."
— Albert Schweitzer

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"It's not funny at all that we do all that advertising for children. Why is advertising for children allowed? What possible reason can there be for having those affraying adverts on TV for all this crap that's made to poor people in poor countries that we sell our children who have too much?"
— Henry David Thoreau

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

Go confidently in the direction of your dreams! Live the life you've imagined.
As you simplify your life, the laws of the universe will be simpler.
— Henry David Thoreau

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"There is no richness where there is not simplicity, goodness, and wit."
— Lao Tzu

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"The future belongs to those who understand that doing more with less is compassionate, prosperous, and enduring, and thus more intelligent, even competitive."
— Paul Hawken

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"Most people seek after what they do not possess and are thus ensnared by the very things they want to acquire."
— Amos Sattai

Do One Thing for a Better World

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

**"It is the heart that makes a man rich.
He is rich according to what he is, not according to what he has."
-- Henry Ward Beecher**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

M
A
K
E

A

D
I
F
F
E
R
E
N
C
E



M
A
K
E

A

D
I
F
F
E
R
E
N
C
E

**"We, who have so much, must do more to help those in need.
And most of all, we must live simply, so that others may simply live."
-- Ed Begley, Jr.**

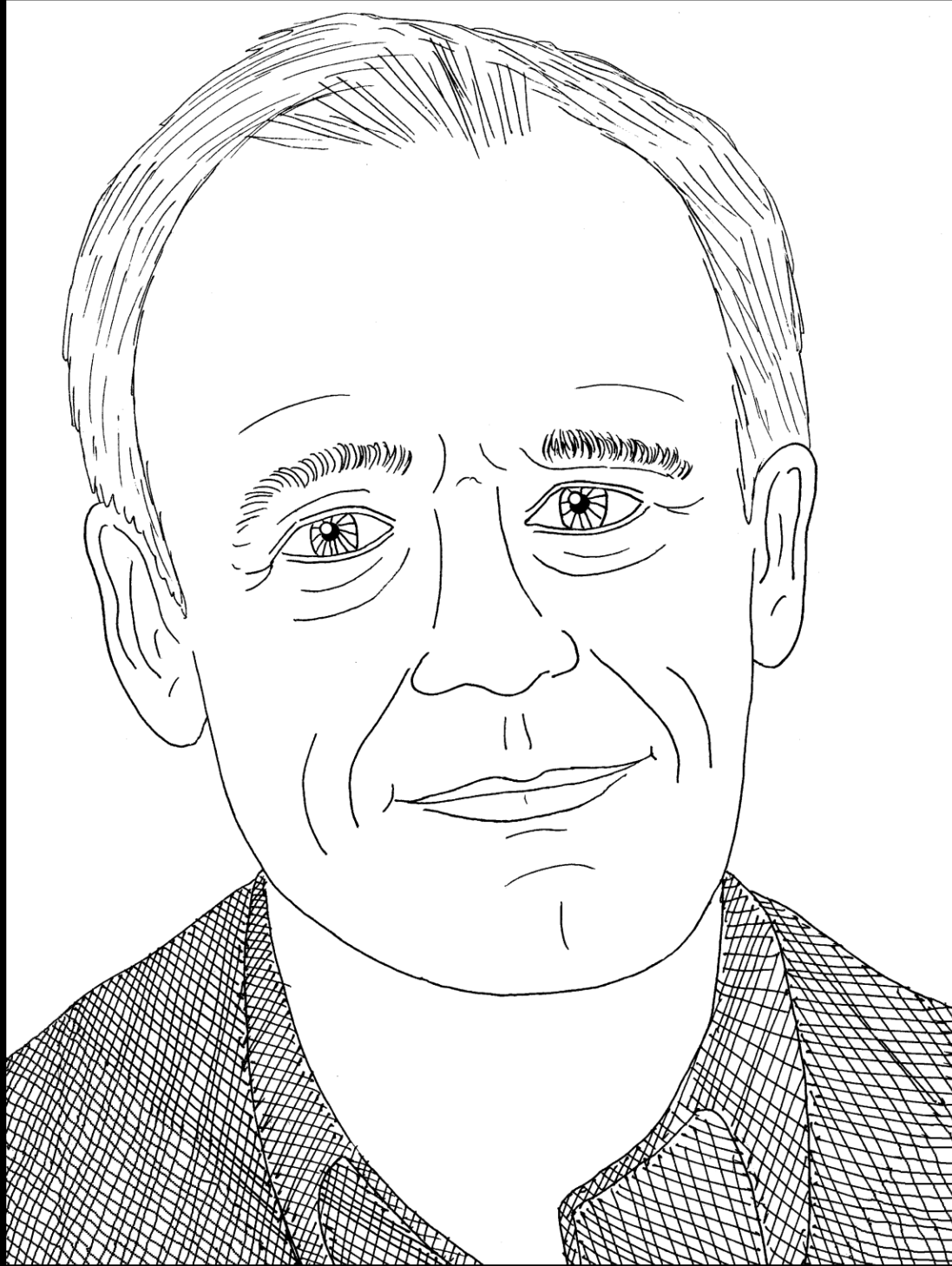
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"We do need a 'new economy,' but one that is founded on thrift and care, on saving and conserving, not on excess and waste. An economy based on waste is inherently and hopelessly violent, and war is its inevitable by-product. We need a peaceable economy." -- Wendell Berry

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
-
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
-
I
F
F
E
R
E
N
C
E**

**"I relish simplicity as an all-comprehensive value."
-- Ela Bhatt**

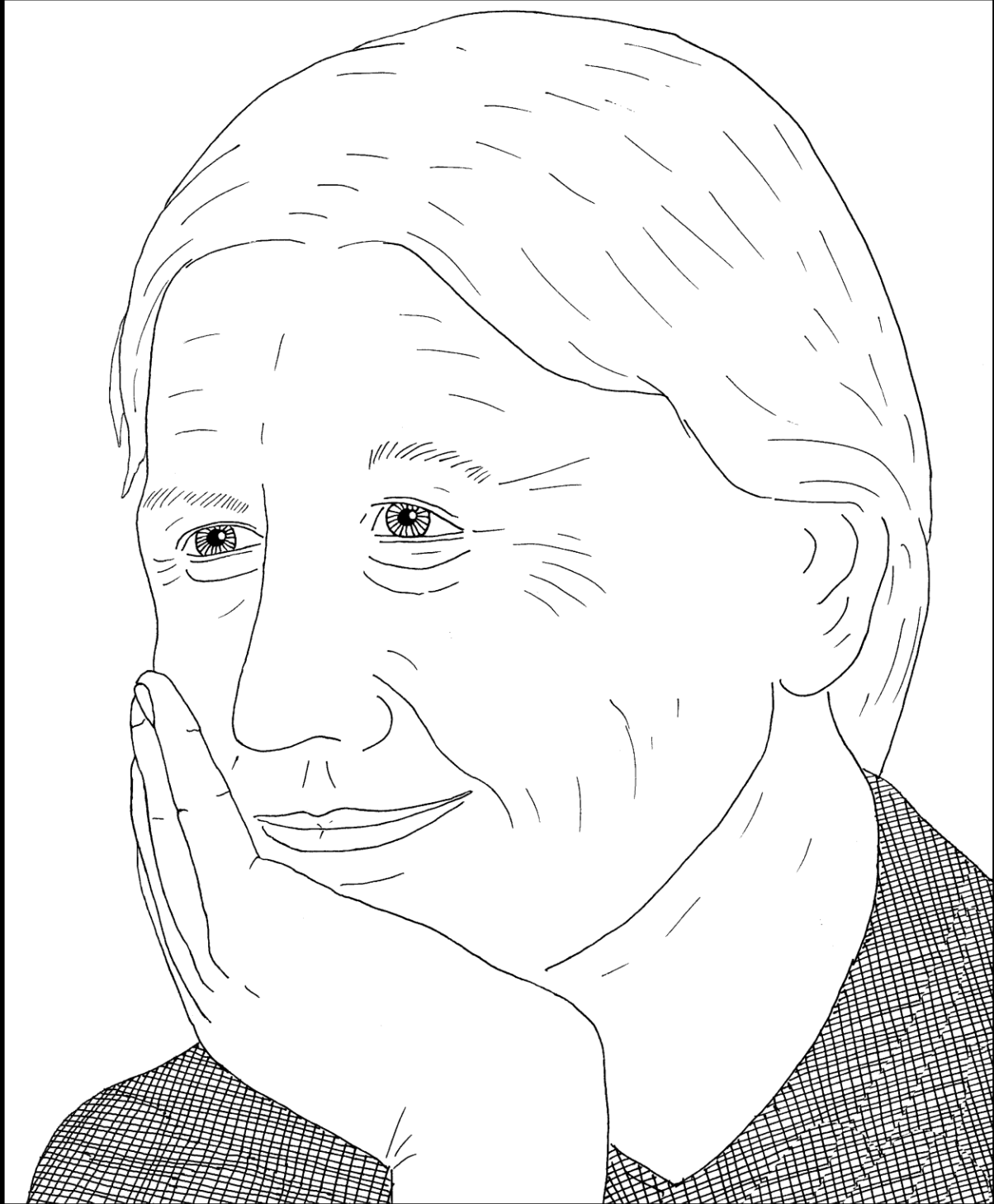
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"The consumption society has made us feel that happiness lies in having things, and has failed to teach us the happiness of not having things."
-- Elise Boulding

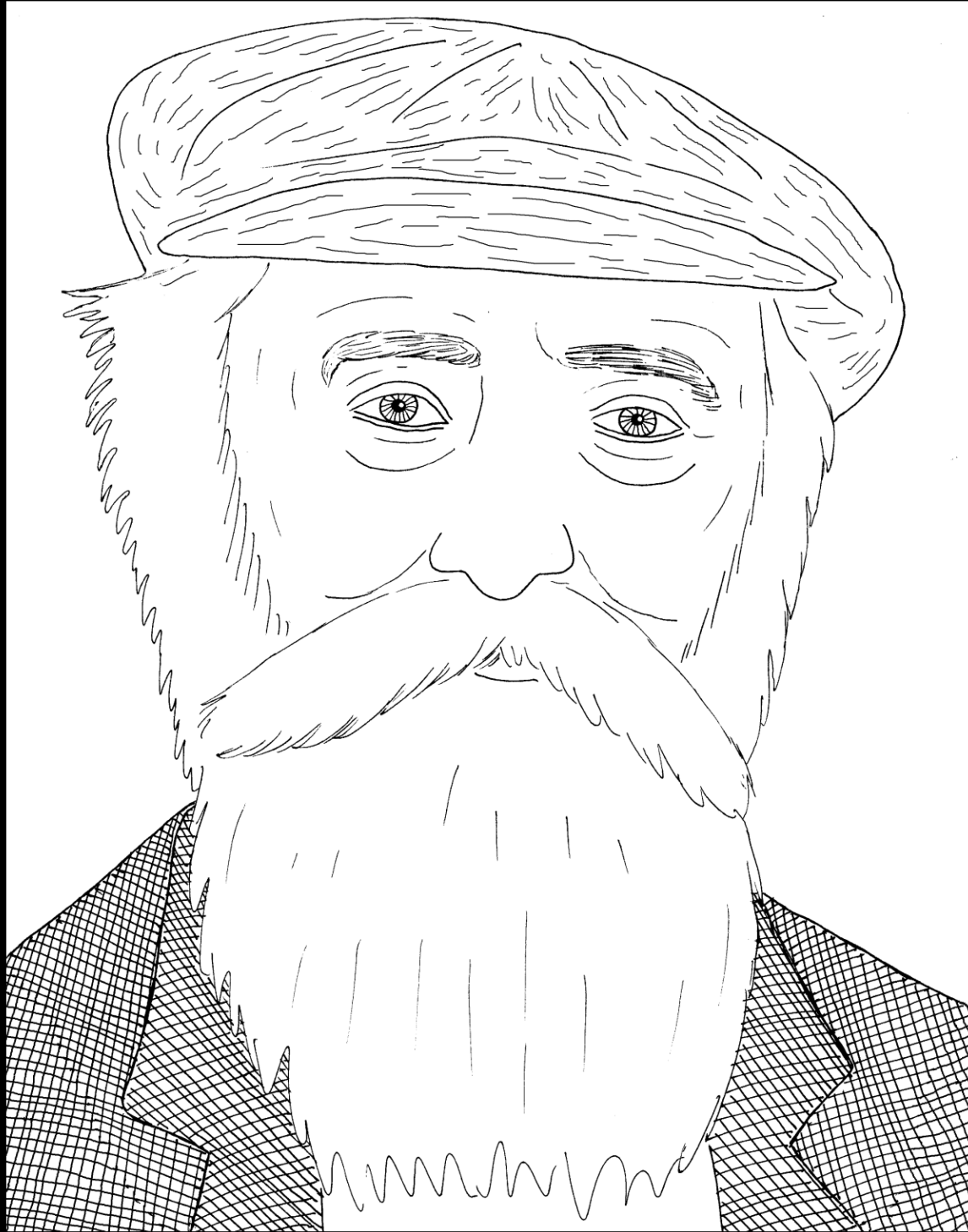
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

"To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter ... to be thrilled by the stars at night; to be elated over a bird's nest or a wildflower in spring — these are some of the rewards of the simple life.

~ John Burroughs

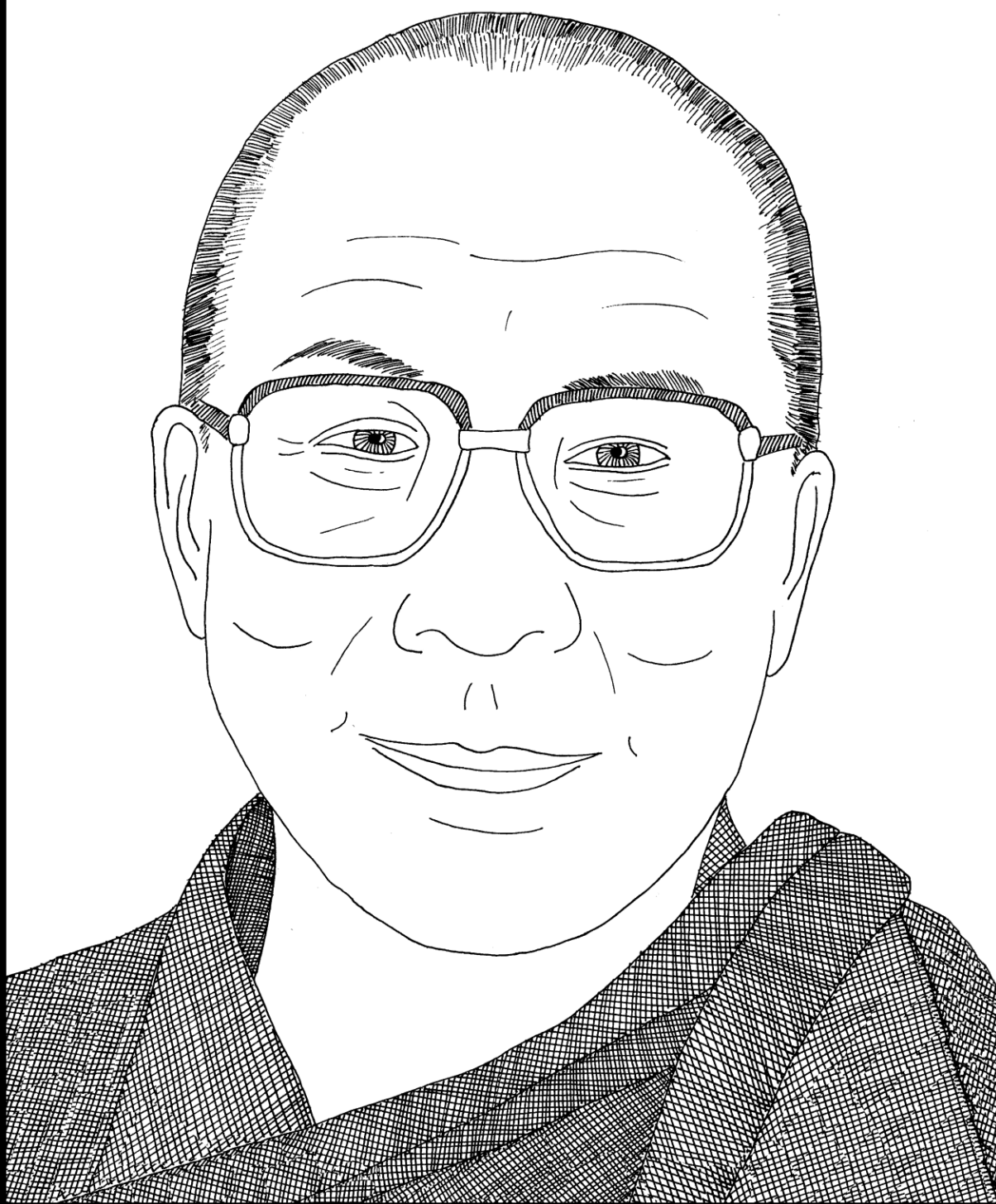
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"If one's life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, feeling satisfied with what you have, is very vital..."

-- Tenzin Gyatso, 14th Dalai Lama

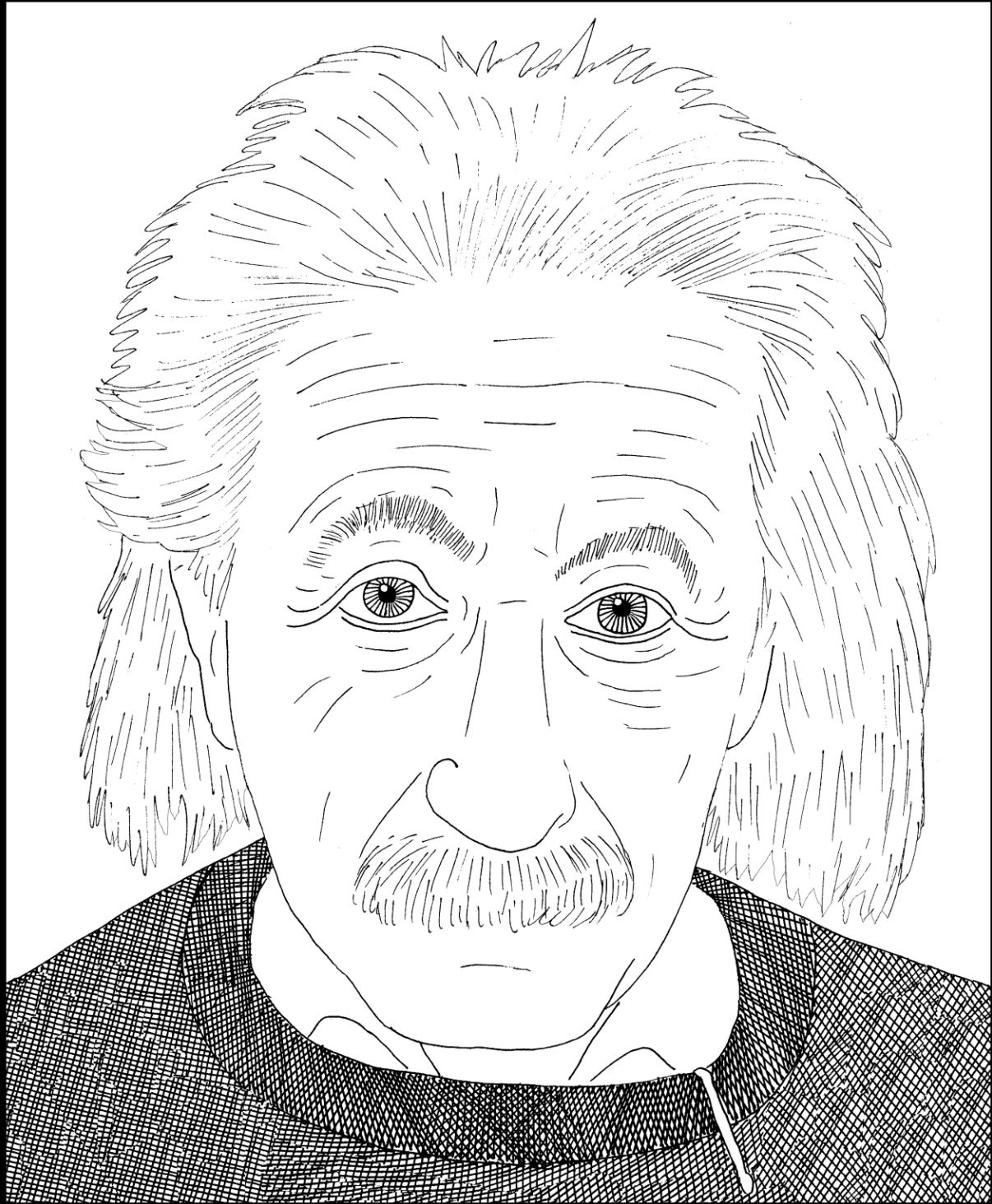
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"I believe that a simple and unassuming manner of life is best for everyone, best both for the body and the mind."
-- Albert Einstein**

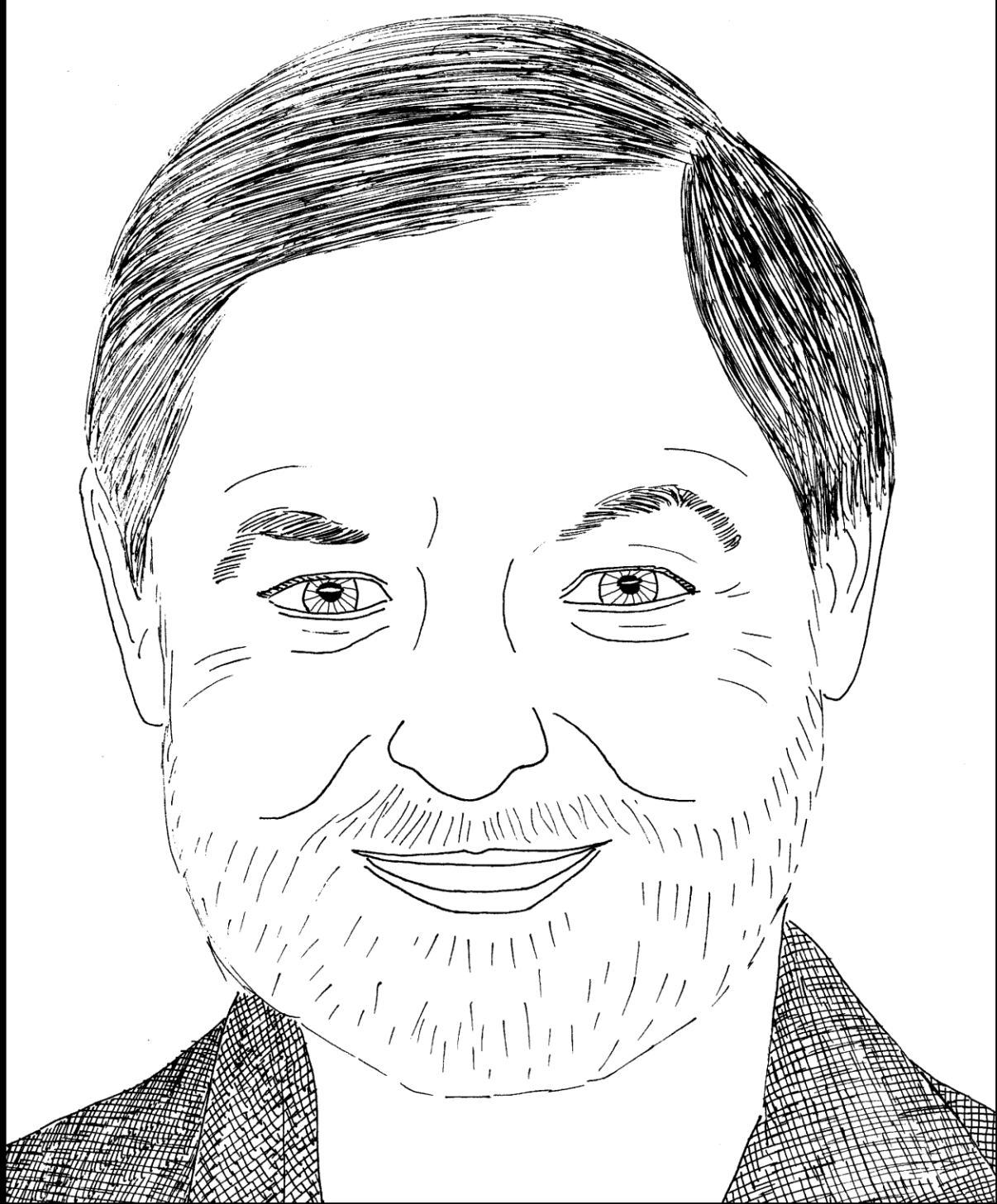
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"The intention of this way of life [voluntary simplicity] is not to dogmatically live with less. It's a more demanding intention of living with balance. This is a middle way that moves between the extremes of poverty and indulgence."

-- Duane Elgin

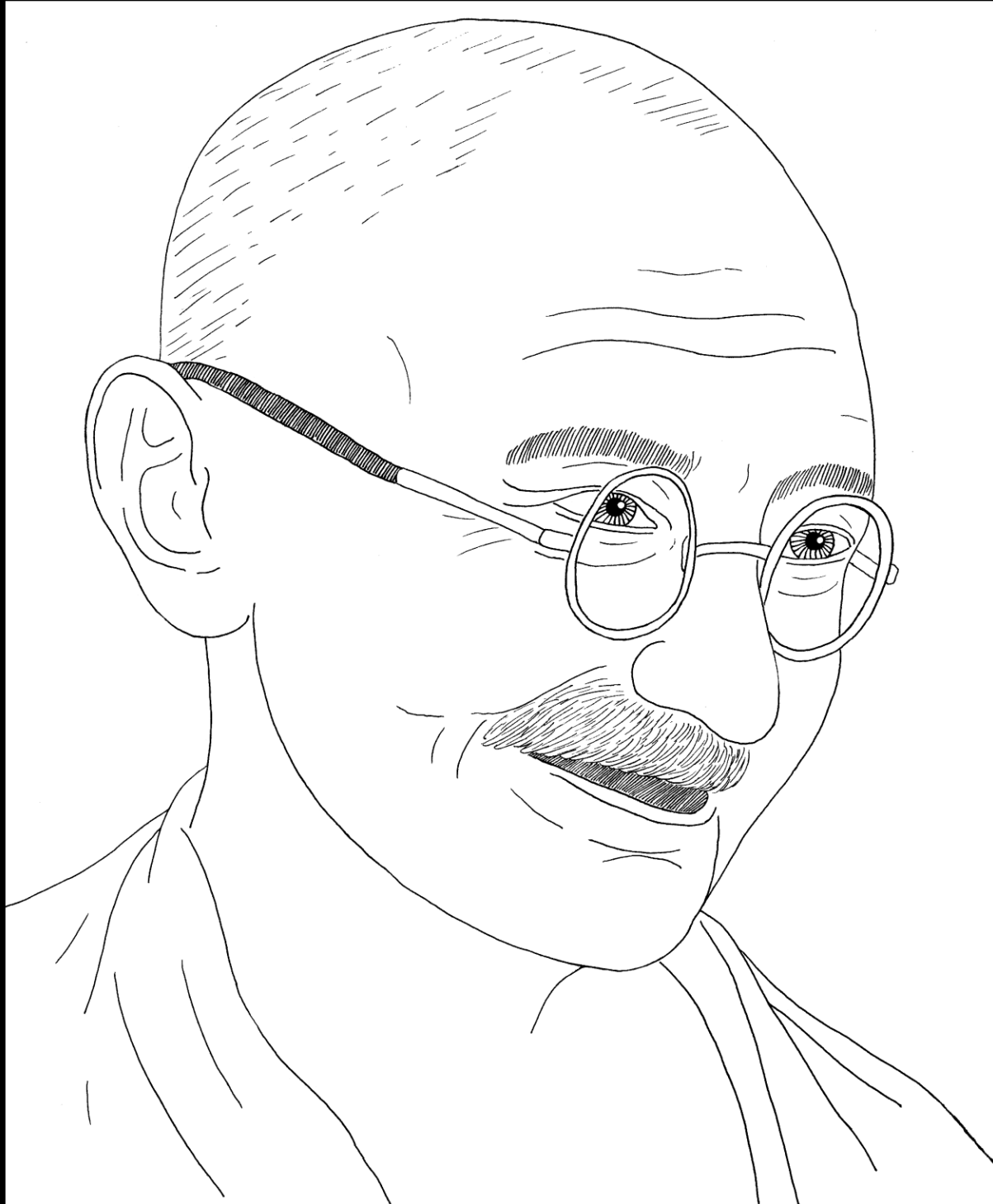
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

“Live simply so that others may simply live.”
-- Mohandas Gandhi

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"The future belongs to those who understand that doing more with less is compassionate, prosperous, and enduring, and thus more intelligent, even competitive."

~ Paul Hawken

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"The ordinary arts we practice every day at home are of more importance to the soul than their simplicity might suggest."
Thomas More

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"One of the advantages of being born in an affluent society is that if one has any intelligence at all, one will realize that having more and more won't solve the problem, and happiness does not lie in possessions, or even relationships: The answer lies within ourselves. If we can't find peace and happiness there, it's not going to come from the outside."

-- Tenzin Palmo

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

**"Too many people spend money they haven't earned,
to buy things they don't want, to impress people they don't like."
-- Will Rogers**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"A little simplification would be the first step toward rational living, I think."
-- Eleanor Roosevelt**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

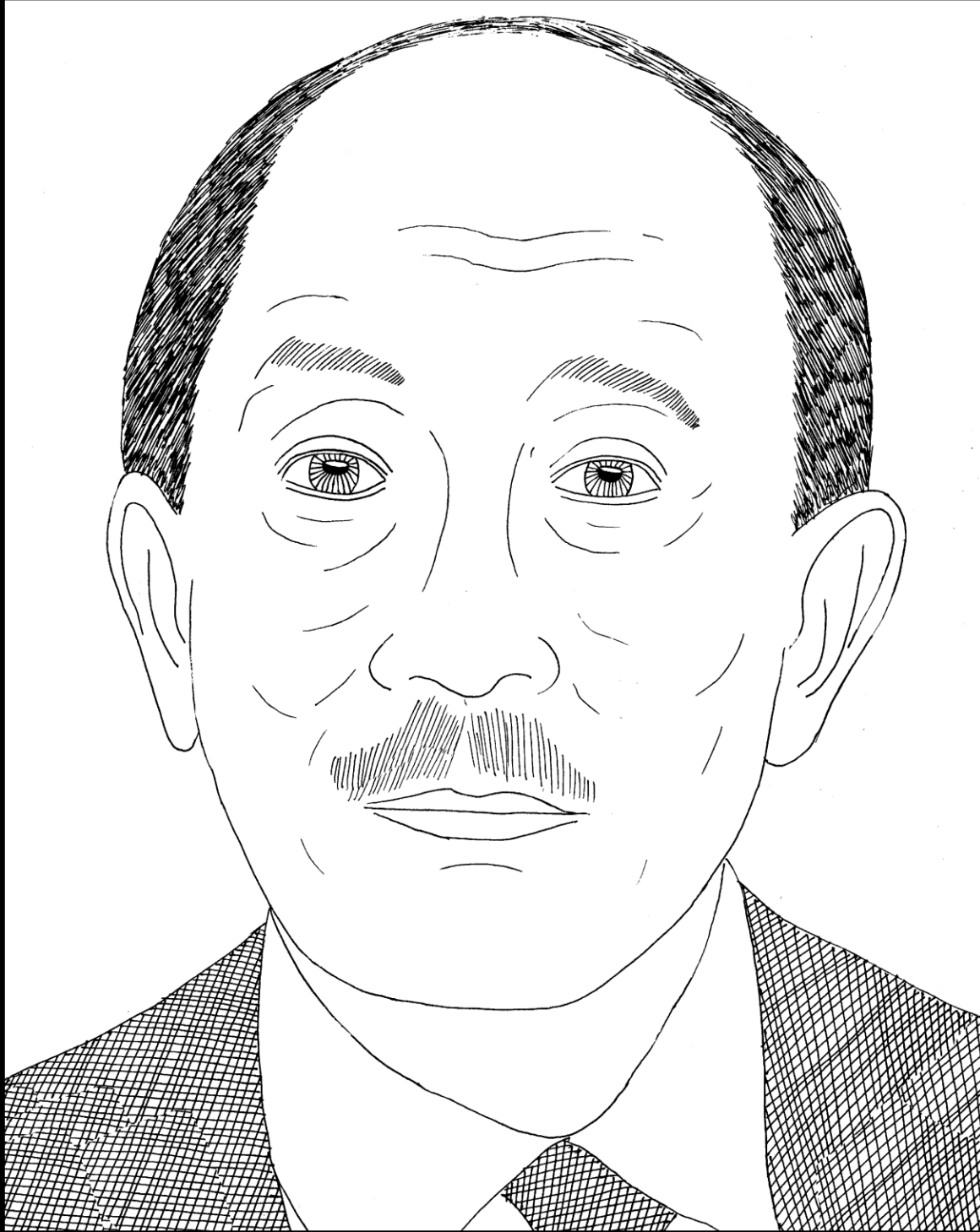
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"Most people seek after what they do not possess
and are thus enslaved by the very things they want to acquire."
-- Anwar Sadat**

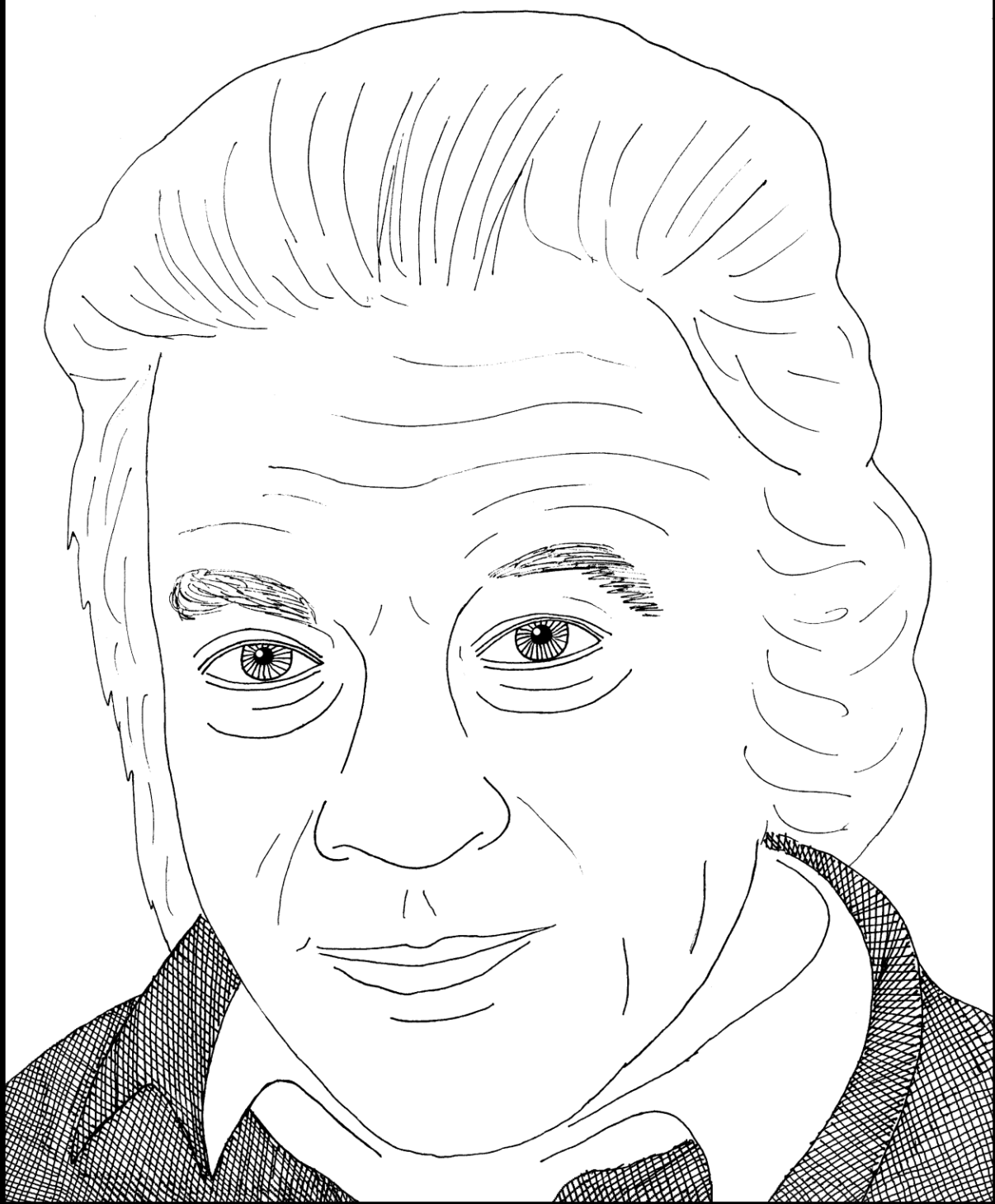
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius—and a lot of courage—to move in the opposite direction."

~ E. F. Schumacher

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

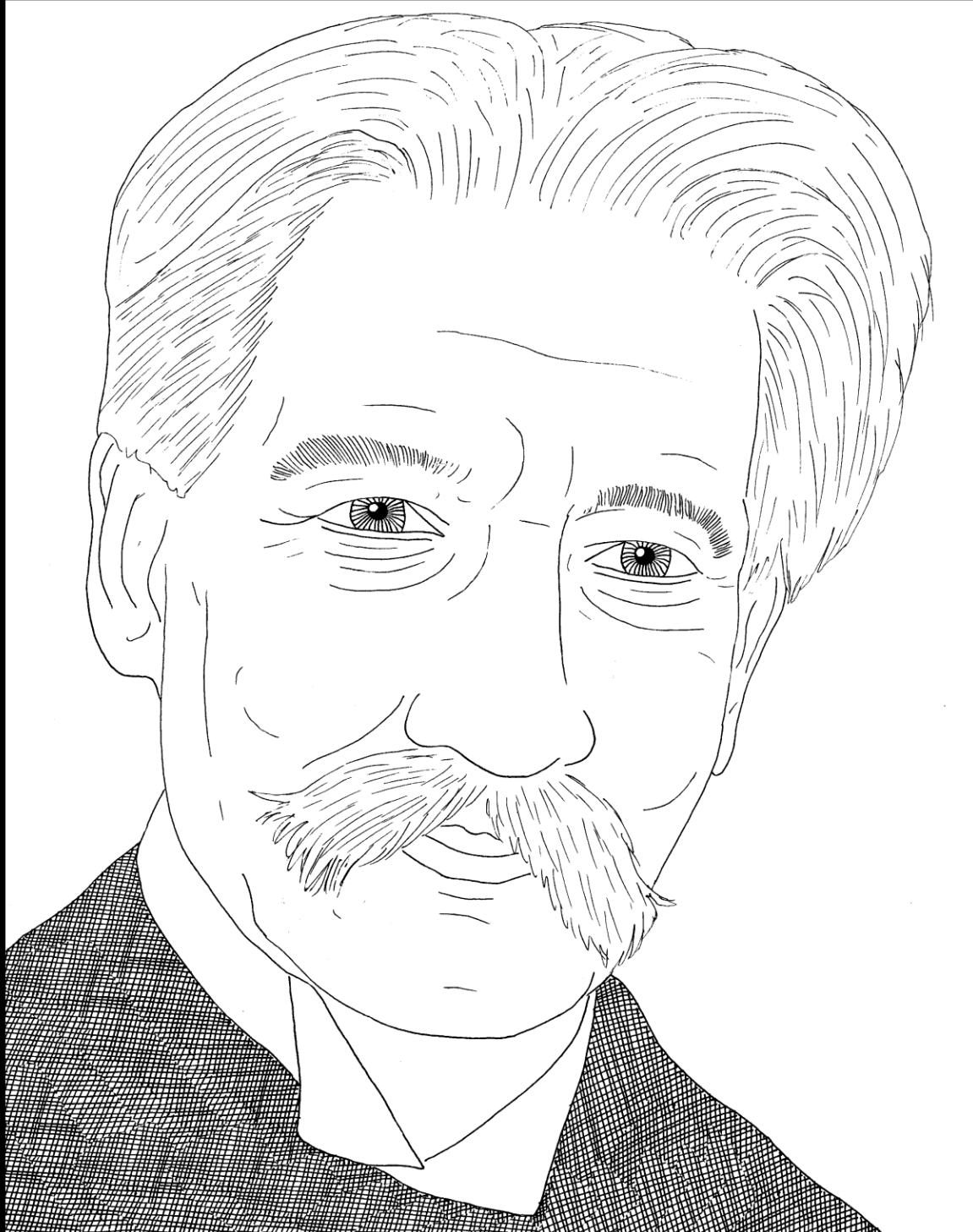
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"From naive simplicity we arrive at more profound simplicity."
-- Albert Schweitzer**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

**"Choosing simplicity is a way to refine your life, define your purpose,
and lift you from the confines of ordinary existence..."**

-- Robert Alan Silverstein

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D
I
F
F
E
R
E
N
C
E



MAKE
A
D
I
F
F
E
R
E
N
C
E

"It's not funny at all that we do all that advertising for children. Why is advertising for children allowed? What possible reason can there be for having those effing adverts on ITV for all this crap that's made by poor people in poor countries that we sell our children who have too much?"

-- Emma Thompson

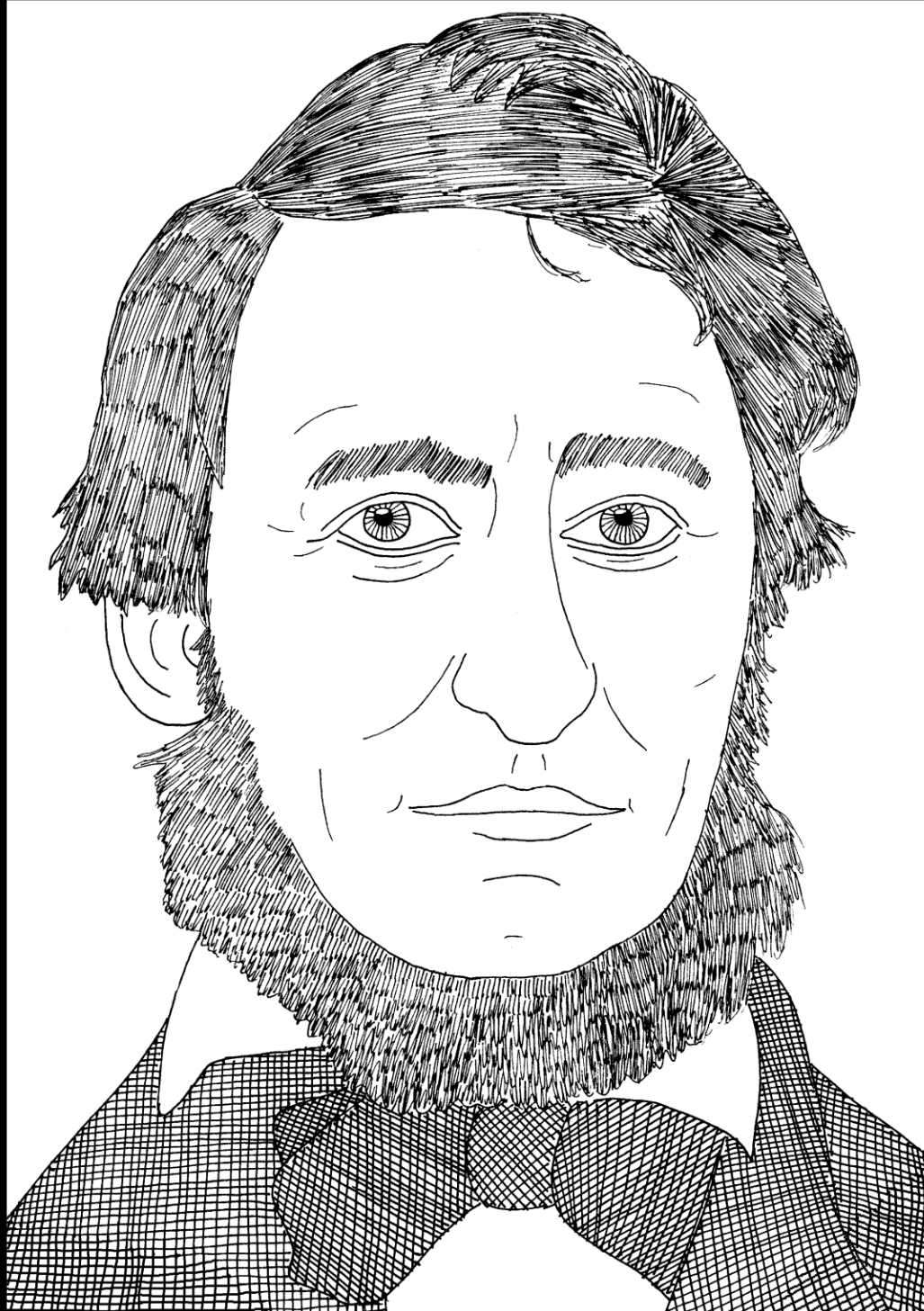
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
DIFFERENCE



MAKE
A
DIFFERENCE

**Go confidently in the direction of your dreams! Live the life you've imagined.
As you simplify your life, the laws of the universe will be simpler.
-- Henry David Thoreau**

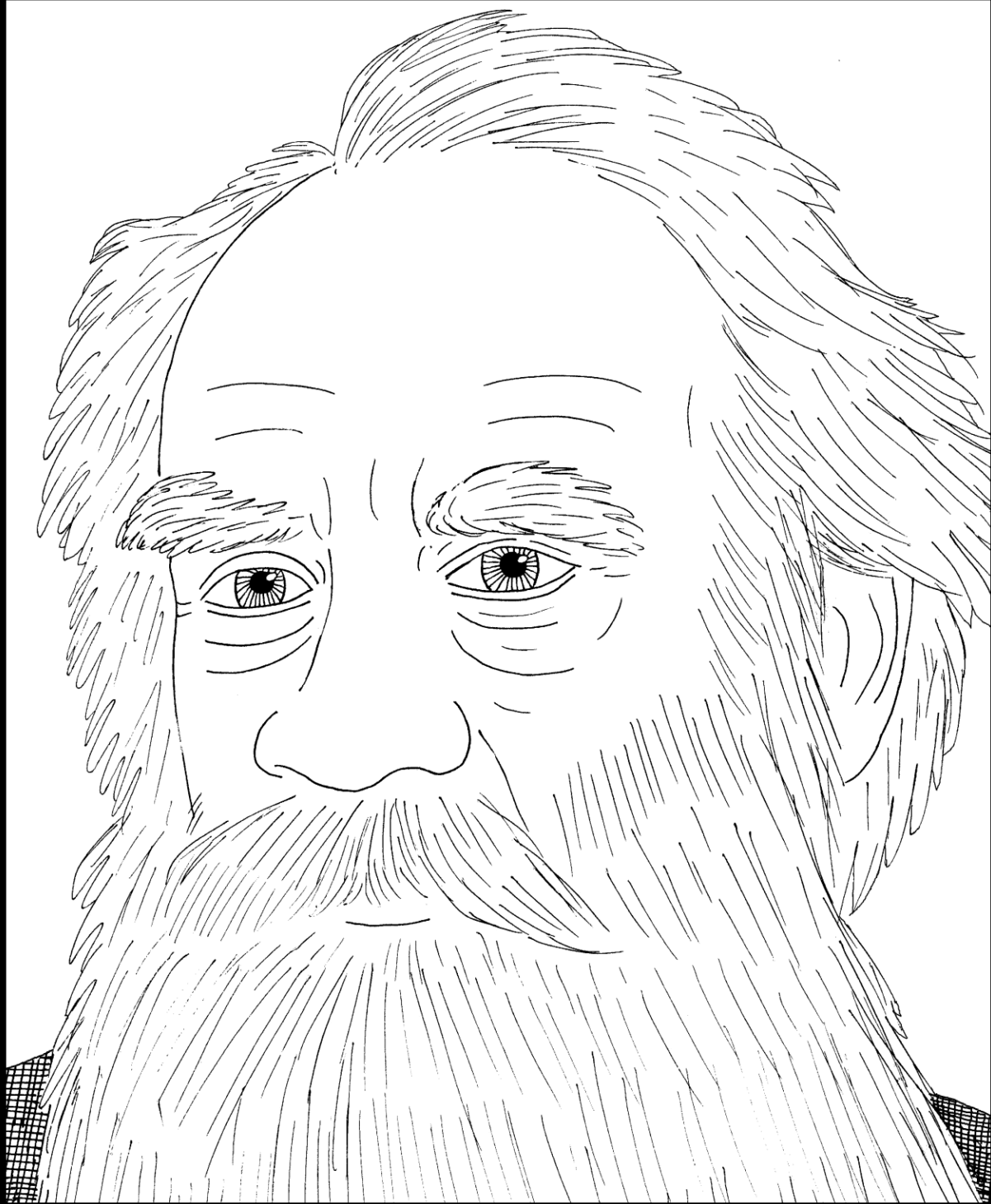
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**



**M
A
K
E
A
D
I
F
F
E
R
E
N
C
E**

**"There is no greatness where there is not simplicity, goodness, and truth"
-- Leo Tolstoy**

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

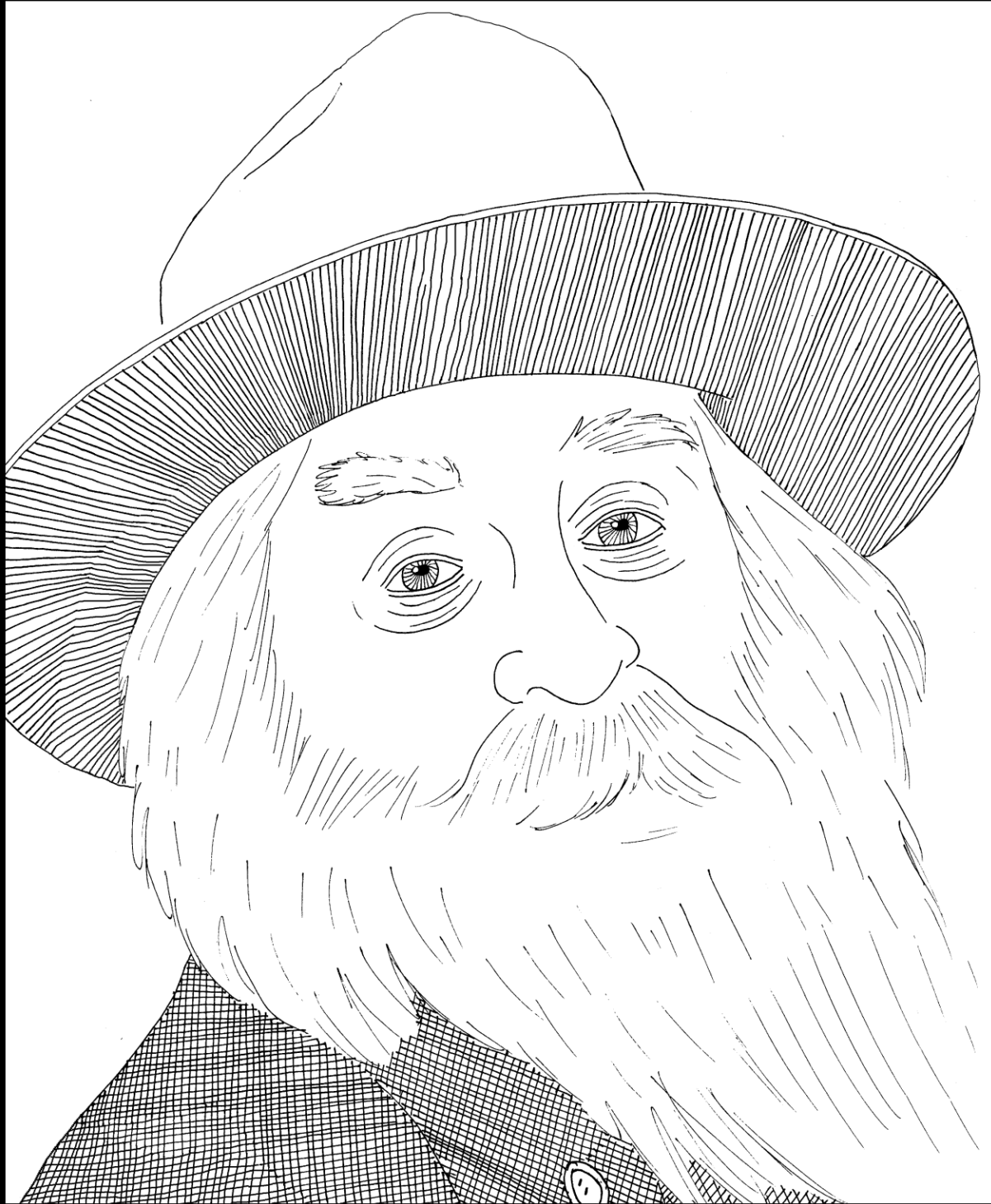
© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**



**M
A
K
E

A

D
I
F
F
E
R
E
N
C
E**

**"Simplicity is the glory of expression."
~ Walt Whitman**

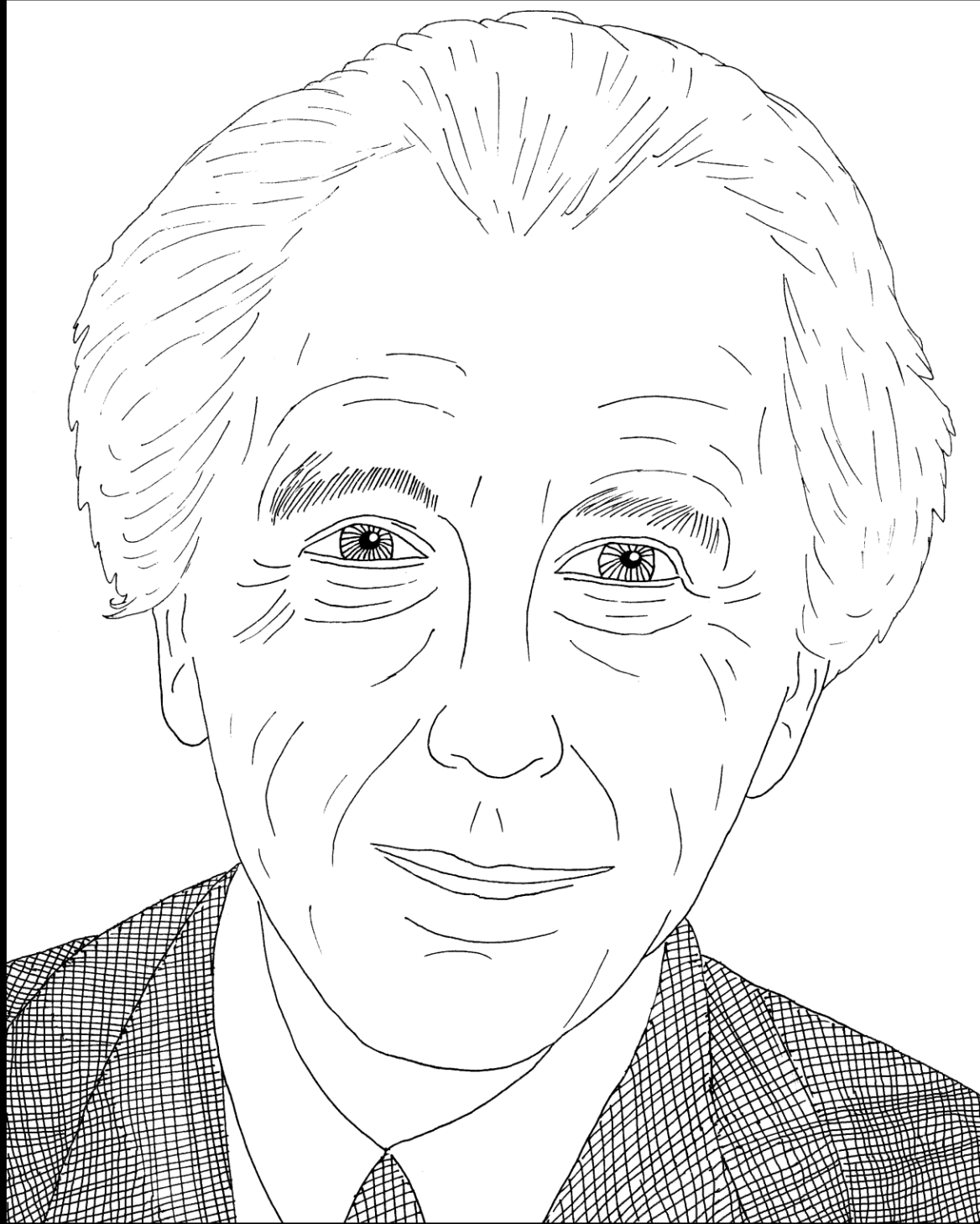
Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied

BE A HERO FOR A BETTER WORLD

MAKE
A
D-I-F-F-E-R-E-N-C-E



MAKE
A
D-I-F-F-E-R-E-N-C-E

**" 'Think simple' as my old master used to say -
meaning reduce the whole of its parts into the simplest terms,
getting back to first principles."**

-- Frank Lloyd Wright

Do One Thing for a Better World

...every act of compassion makes a difference... DoOneThing.org

© The Emily Fund - Distribute freely for non-commercial uses - No celebrity endorsement implied