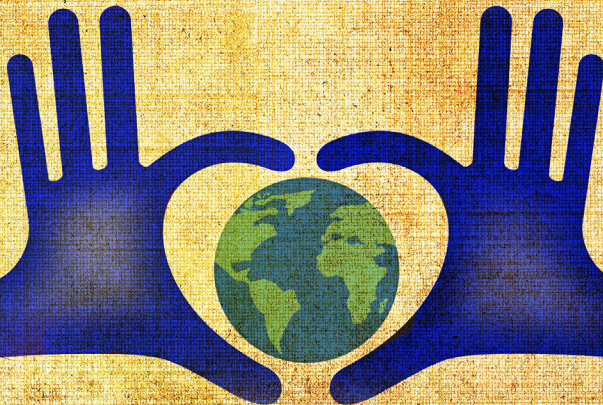


**PROJECT
H.A.M.E.**

The Practical
HERO'S
GUIDE *to*
— Saving the —
WORLD

12 Easy, Effective Things You Can Do
to Save Lives and Help End Poverty
around the World!






Introduction

EVERYONE
can do
SOMETHING
to make a
DIFFERENCE

Perhaps you've heard this story before...

A young girl and her mother are walking along the beach where thousands of starfish have washed ashore. Every so often, the young girl stops, picks up a starfish, and tosses it back in the ocean. Baffled, her mother says, "There are thousands of starfish dying on the beach! What difference does it make to throw a couple of them back in the water?" Undaunted, the girl throws another starfish into the waves. "Well, I made a difference for that one!"

I've always loved that story, and I bet you're a lot more like the little girl than her mother. The very fact you're reading this book tells me that you're someone who cares about people who are hurting – and that you want to do something to make a difference. Our world could use more good people like you!



That's because you don't get overwhelmed by all the problems in today's world, you look for a way to help.

Author Edward Everett Hale said it best:

"I cannot do everything, but I can still do something."

Think of this book as your little companion to help you do what you already *want* to do.

Let it help you discover easy steps to take and then pursue them with your passion. You already know it but I'll say it again: *Committing to do one small thing today will have far greater consequences than you know for people around the world!*

Every journey begins with a single step. Why not start today? You'll be surprised at how the "next starfish you throw back" can make our world a better place.

Here is a list of 12 easy, effective things you can do to save lives and help end needless suffering around the world.



Thomas Kenyon, M.D., M.P.H.

President and CEO

Project Hope



TABLE *of* CONTENTS

- 1.** Volunteer
 - 2.** Reduce your impact
 - 3.** Buy Fair Trade products
 - 4.** Give blood
 - 5.** Donate used clothing
 - 6.** Buy local
 - 7.** Treat everyone with respect
 - 8.** Improve your diet
 - 9.** Watch your health
 - 10.** Be active in your community
 - 11.** Practice generosity
 - 12.** Be savvy about giving
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VOLUNTEER

Here is the simplest way most of us can make a difference: look for a local organization that works globally and ask them how you can help. Volunteer work is not plush, easy, or glamorous. But it is one of the most effective things you can do to make a difference. Whether you pack emergency medical kits for war-torn regions, or simply make copies and do filing – as a volunteer, you directly make the world a better place. See how good it feels, knowing you're making a difference.

“No act of kindness, no matter how small, is ever wasted.”

- Aesop

REDUCE — *your* — **IMPACT**

You know that many of the earth's resources – like oil, coal, and natural gas – are non-renewable. Once they're gone, they're gone for good. That's why you should make it a priority to take better care of what we still have. Fortunately, you can help reverse the negative effects of human activity by simply practicing good conservation. So every chance you get, recycle...conserve water... plant a tree...turn down the lights (and the thermostat!)...and make sure there's something left for your kids to enjoy. It may seem like a small thing, but doing the right thing starts with you!

"We never know the worth of water till the well is dry."

- Thomas Fuller

Buy
FAIR
TRADE
Products

Would you be horrified to discover the item you just purchased was made by a slave laborer or an exploited child? It happens more often than you might think. That's why there's been a recent push to buy fair trade-certified products like coffee, chocolate and clothing. Fair trade products are made by adults (not children!) working in a safe, healthy environment, earning a livable wage, using sustainable methods that are good for the environment. Do something good that you can feel good about – buy “fair trade” the next time you go shopping.

“I pity the man who wants a coat so cheap that the man or woman who produces the cloth will starve in the process.”

- Benjamin Harrison



GIVE BLOOD

This doesn't directly help people overseas but it's so important we put it on this list. One donation from you can save as many as three lives. Because there is no artificial substitute for human blood, your local blood bank must depend on good people like you to maintain a healthy and reliable blood supply for everyone. Be a blood donor. It's fast, easy and relatively painless. And while you're at it, consider becoming an organ donor, too. You never know...you could save someone's life!

"Tears of a mother cannot save a child. But your blood can."

- Anonymous

DONATE *Used* **CLOTHING**

You probably think of it as a good way to clean out your closet. But donating gently used clothing has implications far beyond your own home. For one thing, many nonprofits turn around and sell the clothing you give to fund job training. PLUS, you're reducing the need for processes like polyester fiber production overseas, which is particularly hard on the environment. So take five minutes and start a pile of clothes to donate. You'll feel great for starting your spring cleaning early – and even better for helping people in need.

“And he would answer and say to them, ‘The man who has two tunics is to share with him who has none; and he who has food is to do likewise.’”

- Jesus Christ

BUY LOCAL

Think about the last time someone asked you to name your favorite restaurant, café or shop. Chances are, it was a small business – the kind of business that strengthens the local economy and gives a town its unique personality. Big-box stores sometimes offer lower prices. But local businesses consume less land, carry more local products, are located closer to residents, and create less traffic and air pollution. The next time you go to the market, ask yourself: what local merchant sells the freshest, healthiest produce? Then shop there.

“Oh, I’m all about small business. I think what we’ve learned from big business and big Wall Street is that unchecked greed and the creation of false value gets us all in trouble. If we look at the American economy, who’s really creating value? It’s the small business.”

- Robert Herjavec

TREAT *everyone* *with* **RESPECT**

Be kind to strangers. Be courteous, even in bad traffic. Say hello and smile to everyone, including homeless people, who are often ignored and harassed. When you treat someone with respect, they are more likely to treat someone they encounter with respect. Your good deed ripples outward, and keeps going. It really does make the world better, especially when we all do it.

“I would never disrespect any man, woman, or child out there. We’re all the same. What goes around comes around.”

- Angie Stone

IMPROVE *your* **DIET**

Everybody knows that good eating habits minimize the risk of heart disease, diabetes, high blood pressure and stroke. But did you know that a healthy, simple diet is easier on the environment and allows people around the world to eat more healthy, too? Make a difference in your own little corner of the world by growing your own garden. You'll be amazed how good "fresh" tastes – in addition to how good it is for you!

"To eat is a necessity, but to eat intelligently is an art."

- François de La Rochefoucauld

WATCH — *your* — **HEALTH**

When it comes to improving the world's health, there are lots of little things you can do to keep yourself – and others – from getting sick. Develop healthy habits, like washing your hands often, getting immunized, exercising and using sunscreen regularly. And be proactive in maintaining good health: get regular physical exams, look for ways to reduce stress, get lots of rest and drink plenty of fluids. The healthier you are, the healthier everyone will be who comes in contact with you.

“I believe that the greatest gift you can give your family and the world is a healthy you.”

- Joyce Meyer

BE ACTIVE *in your* **COMMUNITY**

Every day, we make a conscious choice: to either sit on the sidelines and criticize from afar those who are misusing the public's trust, or stand up for what we believe and fight to make a difference. It takes deeply held convictions, risk-taking courage in the face of adversity, and civility to bring about change. Contact organizations in your community that share your passion and ask them what you can do to help. That way, you'll know you're being as effective as one person can be in the fight for change.

"Politics ought to be the part-time profession of every citizen who would protect the rights and privileges of free men."

- Dwight D. Eisenhower

PRACTICE *generosity*

The old adage is true. “It is better to give than to receive.” And science proves it! A study by Harvard Business School found that if you give money to someone else you’re happier than if had spent it on yourself. But wait...there’s more (as they say on TV). Other studies have found generosity is linked to better health. And perhaps best of all, it’s contagious, sort of a “compassion virus” that spurs others to give. Now *that’s* a virus worth spreading!

“We make a living by what we get, but we make a life by what we give.”

- Winston Churchill

BE SAVVY *about* **GIVING**

You have the ability to make the world better through our giving. But it's not just about "how much" you give but also "how" you give. Charity Navigator, America's largest charity evaluator*, offers a number of tips for those who want to be wise in their giving. Among their recommendations: identify which causes are most important to you; only support groups granted tax-exempt status by the IRS; and concentrate your giving to help bring about substantive change. You have the clout to make a difference. Use it wisely to accomplish the most good.

"What makes Superman a hero is not that he has power, but that he has the wisdom and the maturity to use the power wisely."

- Christopher Reeve

**Charity Navigator gives Project Hope * * * *, it's highest rating.*

ONE FINAL THOUGHT...

Whether you decide to follow one of the recommendations in this book, or have your own ideas, I hope this will inspire you to make a difference in today's world. Millions of people in developing countries need what you have: compassion for the suffering, a conviction to use your skills for the greater good, and a commitment to helping your fellow man. If this describes you but you're not sure how to get started, visit us at projecthope.org/xxxxx. We are committed to helping you turn your passions into action to make a powerful difference in the world. Let's work together for a better tomorrow.



Tom



projecthope.org

