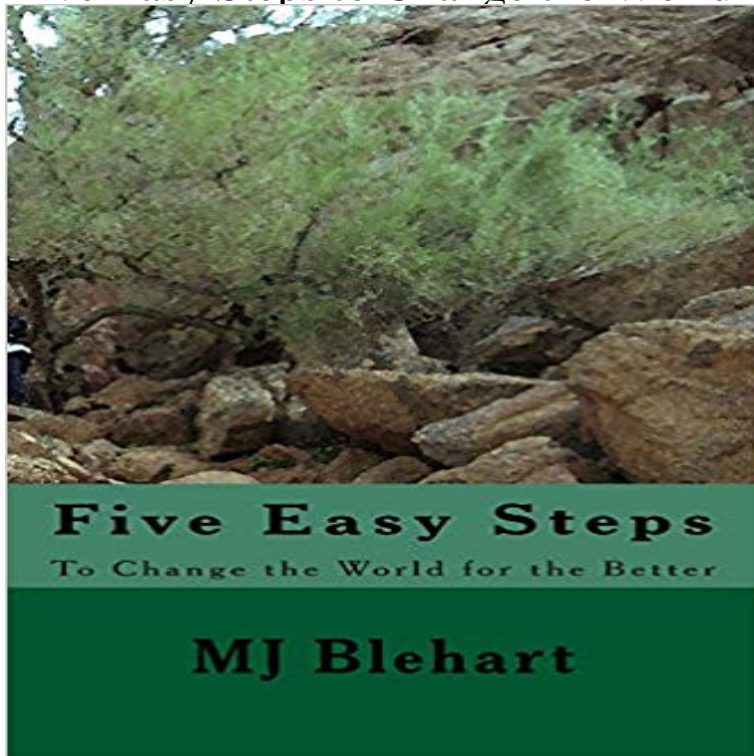


Five Easy Steps to Change the World for the Better



How do the things you talk about and the things you read online make you feel? If the answer is anything but positive, we can change that. Inside are simple actions everybody can take that can help change the world for the better. Applying these Five Easy Steps, along with thinking before you speak and post to social media, can go a long way toward empowering yourself, and through you help to make the world to be a greater, happier, more positive place for us all. It doesn't take grand gestures to improve our lives, just simple steps. The Five Easy Steps to Change the World for the Better are a simple means to change how we speak and post online to generate more positive energy, which we could all use in our lives.

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