



daily GOOD

The weak can never forgive. Forgiveness is the attribute of the strong.
--Mahatma Gandhi

Burundi Genocide Survivor on How Running Helped Him Heal

In 2013, Gilbert Tuhabonye spoke with Celeste Headlee on National Public Radio about running, forgiving, and healing. On the 20th anniversary of the genocide of the Tutsis, he recalls how he, his classmates, and teachers were beaten, locked in a burning building and left to die. He was the only survivor. An Olympic class runner before this tragedy, running became his physical and emotional therapy as a path to healing. His story and his life are an inspiration to many, a reminder that we can overcome injustice, and proof that one person can make a difference. His message is one of triumph, faith, courage, forgiveness and joy.

Be The Change:

Who or what do you need to forgive? Take a courageous inventory, then find ways to release those grudges, regrets, and negative emotions. Like Tuhabonye, find a way to contribute to others' lives and embrace healing.