



## daily GOOD

Love is a living thing, hate is a living thing. If you do not nourish your love, it will die. If you cut the source of nutriment for your violence, your violence will also die. -- Thich Naht Hanh

Is it possible to change the world by what you eat? According to Thich Naht Hanh, a Buddhist teacher, the change would be profound.<br>

### **Be The Change:**

Eat, being fully mindful of where your food comes from. Nourish your love.