



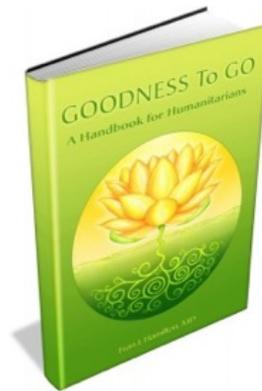
Dear Friends of Goodness To Go,

To everyone living in the Northern Hemisphere - **Happy Spring!** Many of us are glad that no winter is forever and no spring skips its turn!

One girl with courage is a revolution.

Malala Yousafzai is the Pakistani teenager who was shot in the head by terrorists a few months ago for promoting the education of girls. Miraculously, she survived and became the youngest nominee for the Nobel Peace Prize in history. With profound courage, Malala vows to continue her campaign on behalf of the education of all children. Learn about the transformation that education makes in the lives of nine courageous girls in nine countries in the groundbreaking film *Girl Rising* being released this month.

The past several months have been devoted to the revision of the four sections of ***Goodness To Go - A Handbook for Humanitarians***. It will be available by mid-June and you're warmly invited to purchase your copy now (\$40 includes shipping). Proceeds from Goodness To Go support the courage and empowerment of young girls at risk of being sold into Calcutta brothels.



Section One of Goodness To Go is available in paper format!

BUY NOW

Order your copy of *Summon Your Heart* (130 pages) for only \$20 shipping included from the Goodness To Go website!

Mobilize Your Goodness

Remember that the effect of one good-hearted person is incalculable. We're all connected and helping others helps ourselves. Rejoice in your own goodness and the potential for goodness that we all share. **What is a small, specific, scheduled step that you could take this week to leave the world a kinder, more loving, and interconnected place?** Success is measured not only in achievements but in lessons learned, lives touched, and moments shared along the way. The journey of a lifetime can be in a single step from "no" to "yes".

Many serve simply because it does good and it feels good. [Goodness To Go - A Handbook for Humanitarians](#) outlines a process of self-inquiry that helps to clarify your integral service. The handbook is a useful resource to mobilize the offering of your gifts to the world in sustainable, enjoyable ways. Proceeds support the missions of the Goodness To Go social enterprise, including **Child In Need Institute's** girl empowerment and brothel prevention programs. You're invited to visit [Goodness To Go](#) to receive a free excerpt. A paper edition of all four sections will be available in the next few months. **Please contact us if you're interested in receiving a bound paper copy of Section One: Summon Your Heart**



 Forward to a Friend



Fran I. Hamilton, M.D.

P.S. Thank you for spreading the word about Goodness To Go through your social networks.

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