Press release

For immediate release

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Picture enclosed

HELP HEAL AMERICA BY JOINING THE GLOBAL KINDNESS REVOLUTION!

Are you feeling confused, powerless and discombobulated after the recent elections? Join Swarthmore’s award-winning author and activist, Judith Trustone, on December 7th from 7:00-9:00 pm for a discussion of her just released ***The Global Kindness Revolution: How together we can heal Violence, Racism and Meanness*** at **Head Room, 24 Veterans Square, Media, PA 19063**, just down from the courthouse. Ten years ago she started the Global Kindness Revolution and “How to Create a Kindness Circle,” seen on YouTube as alternatives to violence, with her creative writing classes in prisons. It has grown into a grass-roots international group with Kindness Ambassadors in ten other countries. The goal, Kindness at Noon, Everyday, Everywhere will be demonstrated, the revolution which you can join without even getting out of bed!

Chicken Soup series author, Jack Canfield says, “Judith Trustone is one of the most inspired, committed, passionate, focused person I’ve ever met. The Global Kindness Revolution has a great potential for neutralizing planetary violence. She is an elegant, amazing force for good; her work is on the same level as Maya Angelou’s. This book can guide us toward global healing in ways never tried before.”

The event is free but pre-registration is required. To schedule a Kindness Circle for your group, a workshop, a volunteer opportunity or keynote address call 610-328-6101. See [www.Trustonekindness.com](http://www.Trustonekindness.com). Sorry, not handicapped accessible.