



A LIFE CONNECTED.

Every day, life invites you to make choices.

Live your values.

Change the world.



Nonviolent Living... Live *A Life Connected!*

A lot of us are asking the question, "What should I do with my life?" Perhaps the answer won't be found in one great thing... but in all the little things. Your everyday choices define who you are, what you stand for and the world you want to see.

Each of our choices in the past -- collectively billions of them every single day -- built the world we live in today. And each of our choices from this moment forward will build the world we live in tomorrow. If you're not living your values, whose life are you living? Whose world are you building? When you live *A Life Connected*, you live your life to its fullest.

Walk Your Talk.

We're not asking that you become someone different than who you truly are. We're offering you the tools to reconnect, put your compassion into action and make this world a better place.

Strategy For A Better World.

Nonviolence can be a way of life. And Nonviolence can be a strategy. But for powerful, long-lasting change Nonviolence as a way of life *is* the strategy.

Traditional Nonviolence tactics have been studied and made less effective by those who control by force, disconnection and violence. Marches and speeches are ignored by corporate-owned media. Letters from concerned citizens are disregarded and their emails deleted. People are even forced into "free speech zones" where they can be more easily ignored and controlled.

But Nonviolence isn't just holding up signs in protest on weekends and then going back to life as usual. *A Life Connected* is a method of Active Nonviolence built on strategy. It has a direct effect regardless of an "opponent's" conscience or willingness to change.

A Life Connected cannot be stopped by force, it builds rather than tears down, it replaces hate with love and it is available to everyone.

"Talk is cheap... it's how we organize and live our lives every day that tells what we believe in."
- Cesar Chavez



Build A World That Reflects Your Values.

A Life Connected aligns your choices with your values. You can build a world reflective of your values when you consume consciously and live your life consistently with your values. It's that simple.

How To Live A Life Connected.

We believe people are born with values that connect them to humanity and the world in which they live -- values of justice, kindness and compassion. To live *A Life Connected*...

1. Become re-aware of your moral values.
2. Become aware of the power of your everyday choices. How do your choices impact other people, the planet and the animals?
3. Align your choices to your values. If some of your choices are already aligned with your values, stay on the path and find even more connections. If they are unaligned, make new, better and connected choices.

Every Dollar Is A Vote.


Every dollar you spend or choose not to spend is a vote. You voted yesterday. You'll vote today -- maybe hundreds of times. Will you vote for human rights, the environment, compassion for animals and Nonviolence? Or will you vote for greed, environmental destruction, cruelty and violence?

Your consumer choices act as the conscience of big business. Businesses have grown so disconnected that they often only respond to dollars, not to moral principles. They no longer hear our pleas for kindness and ethics. If profits increase even though a company is spewing toxic fumes, enslaving people or hurting animals, the company still believes it is doing something right.

If your words which plead for humanity are drowned out by the clamor of your coins, you're saying to unthinking businesses, "Yes, keep doing what you're doing... and do it in my name!" But if you make purchases, investments and life choices based on your values, you change the world for the better.

"Happiness is when what you think, what you say and what you do are in harmony."

- Mohandas Gandhi



**Nearly every piece of fruit is still picked one by one by hand.
Was the sun shining that day?**

Was the worker in the field tired or hot?

**Were chemicals sprayed on your food, on the earth and on the field worker?
Or is each bite clean and nutritious?**

Is a small family farmer smiling thinking of you?

Are you smiling thinking of her?

Build A Better World With Connected Choices.



Simplify. Imagine a world of billions of people living exactly as you do. Would it be sustainable? Live simply so that others may simply live.



Fair Trade. Fair Trade ensures that farmers, artisans and other producers get a fair price for their goods. It guarantees a living wage, encourages environmental responsibility and reinvests in communities. Look for Fair Trade certified products.



Organic. Protect people, the planet and precious wildlife. Organic products ensure that chemicals are not sprayed and dumped on farm workers, on the land and in our waterways. Pesticides are poisons designed to kill living organisms. Promote health -- including your own. And save energy. More energy is used to produce synthetic fertilizers than to till, cultivate and harvest all the crops in the United States.



Fair Labor. Sweatshops, child labor and slave labor are a growing problem even in the United States. Clothing and other products like coffee, fruit, chocolate and flowers are often produced under brutal labor conditions. The cheapest products often come with the greatest human costs. Get to know more about how the products you purchase are made and make the most humane choices.



Renewable Energy. Wars are fought for resources. To build a world that is safe and secure and to preserve the planet for future generations, choose solar, wind, wave, geothermal, biofuels and other renewable choices. If these choices aren't readily available to you, offset some of your energy use by conserving energy and by buying "green" energy credits.



Car-Free. Take a bus, ride a train or get on the subway. Better yet walk or ride a bike. Use your own energy to get around.

Build A Better World With Connected Choices.



Local. Be the champion of local businesses. Buying local supports small businesses, creates local jobs and keeps more money in your community. And when you support a local company, you then have the opportunity to make sure they treat people, the planet and animals responsibly. They are members of your community unlike giant national retailers.



Vegan. Vegan foods are plant-based and contain no animal products (meat, eggs and dairy). The reasons more and more people are choosing a Vegan lifestyle include bettering human health, ending farm worker and factory worker exploitation, ending industrial racism, saving family farms, protecting the environment, ending climate change, ending world hunger, using energy and resources more wisely, conserving land, protecting wildlife, preserving our oceans and waterways and being kind to animals.

A Vegan lifestyle expands your circle of compassion to include those who rely entirely on your kindness. Vegan choices are some of the most far-reaching personal, practical and ethical choices you can make.



Recycled. Remember, when you throw something away, there is no such thing as "away." Use less, reuse and recycle. Choose used and recycled products whenever possible.



Tree-Free. Choose recycled lumber and paper products, consume products with less packaging, use recycled products, recycle what you use and consider tree-free papers like kenaf and hemp.



Cruelty-Free. We have the compassion, intelligence and technology to move beyond hurting animals for the production of food, clothing, cleaning products and personal products. Industries that make a profit by hurting others do so with the consent and support of those who buy their products. Make the kind choice, buy cruelty-free.

For tips, links and to learn more about making these connected choices and more please visit our website at NonviolenceUnited.org.



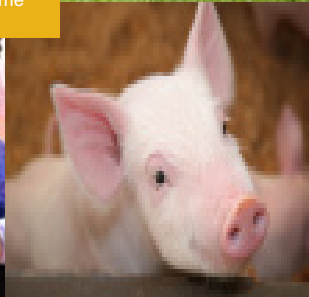
Most of us have felt the unconditional love of an animal... that deep bond that seems to go beyond our human connections. We talk to our dogs and cats and sometimes we connect with them more deeply than with anyone else. They love us... and we love them.



Feel that connection again and again by giving your love to *every* animal – those we call our pets, wild animals and those who suffer on farms and in factory farms.



Make Vegan and cruelty-free choices to align with your true love for animals. Expand your circle of compassion and the love will come back to you a thousand times.



Yes, YOU Make A Difference!

The question isn't whether or not you can make a difference -- you *are* making a difference. But what kind of difference are you making? What kind of difference do you want to make?

Nonviolence United is building a kind and just world by helping people align their everyday choices with their values. Our focus is teaching individuals how to live *A Life Connected*.

We envision a world driven by the innate goodness of people and their values of justice, kindness and compassion for other people, for the planet and for the animals. We are all connected.

Build A Better Life For You And A Better World For Everyone.

The urgent problems that people, the planet and the animals are facing stem from people forgetting who they truly are. *A Life Connected* offers direction so you can remember your values, choose your path and live in a reconnected way.

Being aware and aligned with your values makes you conscious, complete and more powerful. Millions of people are reconnecting to create a remarkable movement the likes of which the world has never seen -- a movement led by the individual, by the people... by YOU!

It's a win-win way of living. Build a better life for you and a better world for everyone.

We offer a variety of powerful yet simple opportunities to get you started.
Learn more and get connected at **NonviolenceUnited.org**.

"Live your beliefs and you can turn the world around."
- Henry David Thoreau

Please do not throw this brochure away. Pass it on. Share the joy of living A Life Connected.