

# HAPPINESS DAY - AUGUST 8

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**"I think happiness comes from self-acceptance. We all try different things, and we find some comfortable sense of who we are. We look at our parents and learn and grow and move on. We change."**

**-- Jamie Lee Curtis**

**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

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