



*From Heart  
to Heart*

**LET'S BATTLE SINAT CHINAM**  
**With AHAVAT YISROEL**

**SOME PRACTICAL SUGGESTIONS:**

- Look at yourself and others in a positive light
- Look for specific good qualities in others
- Smile and greet people warmly
- Compliment whenever possible
- Talk in constructive terms
- Give Chizuk along with the Tzedaka you give
- Seek to help others
- Convey appreciation wholeheartedly
- You hurt someone? Apologize
- Someone hurt you? Forgive
- Judge everyone favorably
- Rejoice in other's happiness and success

INTEGRATING THESE IDEAS IS WITHIN REACH  
JUST DEVOTE A WEEK TO EACH!

HATRED DESTROYED  
AHAVA WILL REBUILD!

*Lev Adina*  
*In memory of:*  
*Adina Rivka Licht z"l bat Shalom Yedidia Levine*