



THE DALAI LAMA

FOREWORD

While situations and surroundings are different, people everywhere are more the same than different. All human beings, from the very rich to the very poor, anywhere in the world, all wish to be happy and to avoid suffering. Unfortunately, more than one billion of the world people live in extreme poverty, defined by the World Bank as those who live on less than \$1.25 per day.

The inequity among people in the world is very extreme. It can be the product of the struggle to survive in an inhospitable environment, it can be the result of a government system which does not provide its people with necessary services, or it can simply be the outcome of a family losing its main breadwinner. While some people possess more wealth, more good fortune, and more resources than they can ever use, so many others lack even the basic necessities of life. This great unfairness in the human condition can only be remedied when people everywhere care about economic injustice and feel the moral obligation to help those less fortunate than themselves.

This book *Living on a Dollar a Day* show images of women, children and families in our global community who suffer every day from the effects of extreme poverty. Their stories tell us that they have the same hopes and dreams for themselves and for their children as anyone else in the world. However, circumstances often outside of their control, such as changing climate, military conflict, political oppression, or the lack of access to basic healthcare and education, prevent this realization.

With their book, The Forgotten International offers two important means of alleviating poverty and reaching toward economic justice. First, to bring awareness of the problem of extreme poverty and show what it means in the daily lives of people in different parts of the world, and second, to offer the knowledge of how to help. The list of organizations found in this book offers everyone the opportunity to take action, big or small, to help those less fortunate.

Professor Thomas Nazario and his organization, The Forgotten International, strive to make a difference in the lives of others and to help alleviate the misery of the poorest of the poor. I wish them success in their noble work.

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