

# Join us for an inspiring talk with Zoe Weil

# **Most Good, Least Harm**

A Simple Principle for a Better World and Meaningful Life

**Tuesday, March 16<sup>th</sup>, 2:00 pm**

**Location:** 100 Neville Hall, The University of Maine

**Sponsored by:**

The Peace Studies and Sociology Departments

**Learn more:**

[www.HumaneEducation.org](http://www.HumaneEducation.org)

[www.ZoeWeil.com](http://www.ZoeWeil.com)

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**Description:** With a world steeped in materialism, environmental destruction, and injustice, what can one individual do to change it? While the present obstacles we face may seem overwhelming, Zoe Weil offers powerful and practicable tools to face these global issues and improve both our planet and our personal lives. In this interactive presentation, Zoe will speak about the MOGO (most good) Principle, which will help motivate you to make your own life an expression of your deepest values. The MOGO Principle is a philosophy and path that can create a better world and more joyful, healthy, and engaged lives. When we do the most good and the least harm in our everyday choices, work, activism, and volunteerism, we create a life of inner peace while contributing to the building of a peaceful, sustainable world for all.

**About Zoe Weil:** Zoe Weil is the cofounder and president of the Institute for Humane Education (IHE). Zoe has been teaching about interconnected global issues for more than 20 years and is considered a pioneer in the humane education movement. In addition to creating IHE's Master of Education and certificate programs, Zoe is the author of six books including *Most Good, Least Harm: A Simple Principle for a Better World and Meaningful Life*. Zoe received a Master of Theological Studies from Harvard Divinity School and a Master's in English Literature from the University of Pennsylvania.

**“Zoe Weil is one of the most inspiring speakers I have ever heard. People leave her talks eager and able to make a difference in the world.”**

~ Michael Greger, M.D., Director, Public Health & Animal Agriculture The Humane Society of the United States