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A quote from Pope Francis:

"Cruelty is a human attitude that is right at the basis of all wars, all of them. The cruelty that prevents people from growing, that kills the other, that also kills the good name of another person. When a person speaks badly of another, this is cruel: it is cruel because it destroys that person's reputation. But, you know, I like to repeat an expression when I speak about this cruelty of language: gossip is terrorism, the terrorism of gossip. The cruelty of language, or of what you felt, is like launching a bomb that destroys you or destroys anyone, and the one who throws it does not harm himself. This is a form of terrorism, it is something that we have to defeat. How can we defeat this? You have chosen the right path: silence and patience, and you finished with that beautiful word, forgiveness. But forgiving is not easy, because one may say: 'Yes, I forgive but I do not forget.' "

-- Greetings to young Italians in Krakow, Poland, July 28, 2016

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