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Sommario/riassunto	In August of 2002, four twenty-something friends in Canada packed a motor home and embarked upon a three-month nonprofit marathon known coast to coast as The Extreme Kindness Tour. Their mission: to commit as many random acts of kindness in as many communities as possible. This record documents their heartwarming stories of friendship and kindness and provides readers with ways to start their own kindness movements and get involved in their own communities. From mile zero to St. John's, The Extreme Kindness Tour staffed soup kitchens, broke horses, roofed houses, delivered flowers, sang