

A black and white photograph of a pair of hands holding a pinecone. The hands are positioned at the top and bottom of the frame, with the pinecone in the center. The background is a soft, out-of-focus grey. The text is overlaid on the image in a white, serif font.

*As you grow older, you
will discover that you
have two hands: one for
helping yourself, the
other for helping
others.*

Audrey Hepburn