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Vegetarian Myth Food Justice
And Sustainability

The Vegetarian Myth Food Justice And Sustainability

*Meat: A Benign Extravagance is
a groundbreaking exploration*

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*of the difficult environmental,
ethical and health issues
surrounding the human
consumption of animals.*

*Garnering huge praise in the
UK, this is a book that answers
the question: should we be*

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farming animals, or not? Not a simple answer, but one that takes all views on meat eating into account. It lays out in detail the reasons why we must indeed decrease the amount of meat we eat, both for the planet

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and for ourselves, and yet explores how different forms of agriculture--including livestock--shape our landscape and culture. At the heart of this book, Simon Fairlie argues that society needs to re-orient itself

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back to the land, both physically and spiritually, and explains why an agriculture that can most readily achieve this is one that includes a measure of livestock farming. It is a well-researched look at

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agricultural and environmental theory from a fabulous writer and a farmer, and is sure to take off where other books on vegetarianism and veganism have fallen short in their global scope.

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The exploding global consumption of meat is implicated in momentous but greatly underappreciated problems, and industrial livestock production is the driving force behind soaring

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demand. Following his previous ground-breaking book The Global Food Economy, Tony Weis explains clearly why the growth and industrialization of livestock production is a central part of the accelerating

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*biophysical contradictions of
industrial capitalist agriculture.
The Ecological Hoofprint
provides a rigorous and eye-
opening way of understanding
what this system means for the
health of the planet, how it*

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*contributes to worsening
human inequality, and how it
constitutes a profound but
invisible aspect of the violence
of everyday life.*

*For decades it has been nearly
universal dogma among*

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*environmentalists that
livestock--goats, sheep, and
others, but especially cattle--are
Public Enemy Number One.
They erode soils, pollute air and
water, damage riparian areas,
and decimate wildlife*

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*populations. The UN's Food and
Agriculture Organization
bolstered the credibility of this
notion with its 2007 report that
declared livestock to be the
single largest contributor to
human-generated climate-*

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change emissions. But is the matter really so clear cut? Hardly. In her new book, Defending Beef, environmental lawyer turned rancher Nicolette Hahn Niman argues that cattle are not inherently bad for the

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Earth. The impact of grazing can be either negative or positive, depending on how livestock are managed. In fact, with proper oversight livestock can actually play an essential role in maintaining grassland

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ecosystems by performing the same functions as the natural herbivores that once roamed and grazed there. She shows how dispersed, grass-based, smaller-scale farms can and should become the basis for

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American food production. And while no single book could definitively answer the thorny question of how to feed the Earth's growing population, Defending Beef makes the case that, whatever the world's

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*future food system looks like,
livestock can and must be part
of the solution.*

*From the author of the critically
acclaimed, award-winning
bestseller Ishmael and its
sequel, My Ishmael, comes a*

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*powerful novel with one of the
most profound spiritual
testaments of our time “A
compelling ‘humantale’ that will
unglue, stun, shock, and
rearrange everything you’ve
learned and assume about*

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*Western civilization and our future.”—Paul Hawken, author of The Ecology of Commerce
Father Jared Osborne has received an extraordinary assignment from his superiors: Investigate an itinerant*

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*preacher stirring up deep
trouble in central Europe. His
followers call him B, but his
enemies say he's something
else: the Antichrist. However,
the man Osborne tracks across
a landscape of bars, cabarets,*

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and seedy meeting halls is no blasphemous monster—though an earlier era would undoubtedly have rushed him to the burning stake. For B claims to be enunciating a gospel written not on any stone

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*or parchment but in our very
genes, opening up a spiritual
direction for humanity that
would have been unimaginable
to any of the prophets or
saviors of traditional religion.
Pressed by his superiors for a*

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*judgement, Osborne is driven to
penetrate B's inner circle,
where he soon finds himself an
anguished collaborator in the
dismantling of his own religious
foundations. More than a
masterful novel of adventure*

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and suspense, The Story of B is a rich source of compelling ideas from an author who challenges us to rethink our most cherished beliefs. Explore Daniel Quinn's spiritual Ishmael trilogy: ISHMAEL • MY

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ISHMAEL • THE STORY OF B

Sacred Cow

Carbophobia

The Scary Truth about

America's Low-Carb Craze

Simple Living and Nonviolence

in Early Christianity

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The Vegetarian Myth

Earth at Risk

Vegan Freak

In this book, we have hand-picked
the most sophisticated,
unanticipated, absorbing (if not at
times crackpot!), original and

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musings book reviews of "The Vegetarian Myth: Food, Justice, and Sustainability." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their

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biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

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#1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That

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milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it

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comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided "common sense," food-industry lobbying, bad science,

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and corrupt food polices and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark

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Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong, revealing which

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foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his

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signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and

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personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and

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delicious, wholesome recipes,
Food: What the Heck Should I
Eat? is a no-nonsense guide to
achieving optimal weight and
lifelong health.

The common science meets
common sense guide that

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answers the question, "what the heck are we supposed to eat?!" "[Book title] is the definitive guide to plant breeding and seed saving for the serious home gardener and the small-scale farmer or commercial grower. Discover:

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how to breed for a wide range of different traits (flavor, size, shape, or color; cold or heat tolerance; pest and disease resistance; and regional adaptation); how to save seed and maintain varieties; how to conduct your own variety trials

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and other farm- or garden-based research; how to breed for performance under organic or sustainable growing methods."--Back cover.

Bright Green Lies

Going Against the Grain: How

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Reducing and Avoiding Grains
Can Revitalize Your Health
Eating for Spiritual Health and
Social Harmony
Using a Low-Carb, High-Fat Diet
to Fight Alzheimer's Disease,
Memory Loss, and Cognitive

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Decline

Rethinking Food and Agriculture
Strategy to Save the Planet

Over 100 Delicious, Gluten-Free,
Farm-to-Table Recipes, and a
Complete Guide to Growing Your
Own Healthy Food

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>

Incorporating systems theory, teachings from mythology and religions, and the human sciences, *The World Peace Diet* presents the outlines of a more empowering understanding of

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our world, based on a
comprehension of the far-
reaching implications of our food
choices and the worldview those
choices reflect and mandate.
The author offers a set of
universal principles for all people

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of conscience, from any religious tradition, that they can follow to reconnect with what we are eating, what was required to get it on our plate, and what happens after it leaves our plates.

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What We Leave Behind is a piercing, impassioned guide to living a truly responsible life on earth. Human waste, once considered a gift to the soil, has become toxic material that has broken the essential cycle of

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decay and regeneration. Here, award-winning author Derrick Jensen and activist Aric McBay weave historical analysis and devastatingly beautiful prose to remind us that life—human and nonhuman—will not go on unless

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we do everything we can to facilitate the most basic process on earth, the root of sustainability: one being's waste must always become another being ' s food.

We're told that if we care about

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our health—or our planet—eliminating red meat from our diets is crucial. That beef is bad for us and cattle farming is horrible for the environment. But science says otherwise. Beef is framed as the

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most environmentally destructive and least healthy of meats.

We're often told that the only solution is to reduce or quit red meat entirely. But despite what anti-meat groups, vegan celebrities, and some health

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experts say, plant-based agriculture is far from a perfect solution. In Sacred Cow, registered dietitian Diana Rodgers and former research biochemist and New York Times bestselling author Robb Wolf

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explore the quandaries we face in raising and eating animals—focusing on the largest (and most maligned) of farmed animals, the cow. Taking a critical look at the assumptions and misinformation about meat,

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Sacred Cow points out the flaws in our current food system and in the proposed "solutions." Inside, Rodgers and Wolf reveal contrarian but science-based findings, such as:

- Meat and animal fat are essential for our

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bodies. • A sustainable food system cannot exist without animals. • A vegan diet may destroy more life than sustainable cattle farming. • Regenerative cattle ranching is one of our best tools at mitigating

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climate change. You'll also find practical guidance on how to support sustainable farms and a 30-day challenge to help you transition to a healthful and conscientious diet. With scientific rigor, deep compassion, and wit,

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Rodgers and Wolf argue unequivocally that meat (done right) should have a place on the table. It's not the cow, it's the how!

The Global Burden of Industrial Livestock

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APHRO-ISM

With Key to the Calories

Building a Resistance Movement
to Save the Planet

Veganarchism - Philosophy,
Praxis, Self-criticism

No Meat Athlete

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The Story of B

“This disturbing but very important book makes clear we must dig deeper than the normal solutions we are offered.”—Yvon Chouinard, founder of

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Patagonia Works "Bright
Green Lies exposes the
hypocrisy and bankruptcy
of leading environmental
groups and their most
prominent cheerleaders.
The best-known

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environmentalists are not
in the business of
speaking truth, or even
holding up rational
solutions to blunt the
impending ecocide, but
instead indulge in a

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mendacious and self-serving delusion that provides comfort at the expense of reality. They fail to state the obvious: We cannot continue to wallow in hedonistic

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consumption and industrial expansion and survive as a species. The environmental debate, Derrick Jensen and his coauthors argue, has been distorted by hubris and the childish desire by

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those in industrialized
nations to sustain the
unsustainable. All debates
about environmental policy
need to begin with
honoring and protecting,
not the desires of the

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human species, but with the sanctity of the Earth itself. We refuse to ask the right questions because these questions expose a stark truth—we cannot continue to live as

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we are living. To do so is suicidal folly. 'Tell me how you seek, and I will tell you what you are seeking,' the German philosopher Ludwig Wittgenstein said. This is

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the power of Bright Green
Lies: It asks the
questions most refuse to
ask, and in that
questioning, that seeking,
uncovers profound truths
we ignore at our

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peril.”—Chris Hedges,
Pulitzer Prize-winning
journalist and author of
America: The Farewell Tour
The author draws together
decades of research to
decisively debunk the

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purported "science" behind
the low-carb claims.

"Carbophobia" lists the
known hazards inherent to
the the Atkins diet and
other low-carb regimens.
The protest against meat

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eating may turn out to be one of the most significant movements of our age. In terms of our relations with animals, it is difficult to think of a more urgent moral problem

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than the fate of billions of animals killed every year for human consumption. This book argues that vegetarians and vegans are not only protestors, but also moral

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pioneers. It provides 25 chapters which stimulate further thought, exchange, and reflection on the morality of eating meat. A rich array of philosophical, religious,

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historical, cultural, and practical approaches challenge our assumptions about animals and how we should relate to them.

This book provides global perspectives with insights

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from 11 countries: US, UK,
Germany, France, Belgium,
Israel, Austria, the
Netherlands, Canada, South
Africa, and Sweden.

Focusing on food
consumption practices, it

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critically foregrounds and
unpacks key ethical
rationales that underpin
vegetarian and vegan
lifestyles. It invites us
to revisit our relations
with animals as food, and

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as subjects of
exploitation, suggesting
that there are substantial
moral, economic, and
environmental reasons for
changing our habits. This
timely contribution,

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edited by two of the leading experts within the field, offers a rich array of interdisciplinary insights on what ethical vegetarianism and veganism means. It will be of great

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interest to those studying
and researching in the
fields of animal geography
and animal-studies,
sociology, food studies
and consumption,
environmental studies, and

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cultural studies. This book will be of great appeal to animal protectionists, environmentalists, and humanitarians.

Jesus' preaching was first

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and foremost about simple living, pacifism, and vegetarianism; he never intended to create a new religion separate from Judaism. Moreover, Jesus' radical Jewish ethics,

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rather than a new
theology, distinguished
him and his followers from
other Jews. It was the
earliest followers of
Jesus, the Jewish
Christians, who understood

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Jesus better than any of the gentile Christian groups, which are the spiritual ancestors of modern Protestant, Catholic, and Orthodox churches. In this detailed

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and accessible study,
Keith Akers uncovers the
history of Jewish
Christianity from its
origins in the Essenes and
John the Baptist, through
Jesus, until its

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disappearance into Islamic mysticism sometime in the seventh or eighth century. Akers argues that only by really understanding this mysterious and much misunderstood strand of

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early Christianity can we
get to the heart of the
radical message of Jesus
of Nazareth.

How to Eat in a World of
Fads and Fiction

Breed Your Own Vegetable

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Varieties

Diet and Health

Why eating a plants-only
diet won't improve your
health or save the planet

The World Peace Diet

Making an Informed

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Decision

Defending Beef

Given the central role of the food and agriculture system in driving so many of the connected ecological, social and economic threats and challenges we currently face, Rethinking Food and Agriculture reviews, reassesses and

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reimagines the current food and agriculture system and the narrow paradigm in which it operates.

Rethinking Food and Agriculture explores and uncovers some of the key historical, ethical, economic, social, cultural, political, and structural drivers and root causes of

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unsustainability, degradation of the agricultural environment, destruction of nature, short-comings in science and knowledge systems, inequality, hunger and food insecurity, and disharmony. It reviews efforts towards 'sustainable development', and reassesses whether these efforts have been

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implemented with adequate responsibility, acceptable societal and environmental costs and optimal engagement to secure sustainability, equity and justice. The book highlights the many ways that farmers and their communities, civil society groups, social movements, development

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experts, scientists and others have been raising awareness of these issues, implementing solutions and forging 'new ways forward', for example towards paradigms of agriculture, natural resource management and human nutrition which are more sustainable and just.

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*Rethinking Food and Agriculture
proposes ways to move beyond the
current limited view of agro-ecological
sustainability towards overall
sustainability of the food and
agriculture system based on the
principle of 'inclusive responsibility'.
Inclusive responsibility encourages*

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ecosystem sustainability based on agro-ecological and planetary limits to sustainable resource use for production and livelihoods. Inclusive responsibility also places importance on quality of life, pluralism, equity and justice for all and emphasises the health, well-being, sovereignty, dignity

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and rights of producers, consumers and other stakeholders, as well as of nonhuman animals and the natural world. Explores some of the key drivers and root causes of unsustainability , degradation of the agricultural environment and destruction of nature Highlights the

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many ways that different stakeholders have been forging 'new ways forward' towards alternative paradigms of agriculture, human nutrition and political economy, which are more sustainable and just Proposes ways to move beyond the current unsustainable exploitation of natural

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resources towards agroecological sustainability and overall sustainability of the food and agriculture system based on 'inclusive responsibility' Seasonal, gluten-free, farm-to-table eating never tasted so good! On her farm in Massachusetts, nutritionist Diana Rodgers has found a way back

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to a healthy, active lifestyle with a focus on nutritious and delicious eating, raising animals, growing vegetables, and balancing work and play. Anyone can have the same healthy, balanced lifestyle and a closer connection to their food—whether you live in a house in the suburbs, a

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farmhouse in the countryside, or an apartment in the city. The Homegrown Paleo Cookbook shows you how. With over 100 seasonal Paleo recipes, guides to growing your own food and raising animals, and inspiring how-tos for crafts and entertaining, The Homegrown Paleo Cookbook is a

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guide not just for better eating, but for better living—and a better world.

The Vegetarian Myth Food, Justice, and Sustainability PM Press

For years, Derrick Jensen has asked his audiences, "Do you think this culture will undergo a voluntary transformation to a sane and

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sustainable way of life?" No one ever says yes. Deep Green Resistance starts where the environmental movement leaves off: industrial civilization is incompatible with life. Technology can't fix it, and shopping—no matter how green—won't stop it. To save this planet, we need a

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serious resistance movement that can bring down the industrial economy. Deep Green Resistance evaluates strategic options for resistance, from nonviolence to guerrilla warfare, and the conditions required for those options to be successful. It provides an exploration of organizational

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structures, recruitment, security, and target selection for both aboveground and underground action. Deep Green Resistance also discusses a culture of resistance and the crucial support role that it can play. Deep Green Resistance is a plan of action for anyone determined to fight for this

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planet—and win.

*Essays on Pop Culture, Feminism,
and Black Veganism from Two Sisters*
A Feminist-Vegetarian Critical Theory
Vegetarian Journal
Diet for a Small Planet
*The Book That Started a Revolution in
the Way Americans Eat*

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Food Sanity

The Global Guide to Animal Protection

Shifting to a strict vegetarian diet can be quite a challenge since your palate hasn't yet gotten used to the unique taste of greens. By keeping a vegetarian journal, you will be constantly

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reminded of your decision to shift to a healthier lifestyle and your previous struggles and successes will serve as the key to push you forward. You can fill the pages with recipes too!

Winner of two 2017 Guild of Food Writers Awards: best Food Book

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***Award and the Campaigning and
Investigative Food Work Award
Shortlisted for the 2017 Fortnum
& Mason Food Book of the Year A
BBC Radio 4 Food Programme
Book of the Year 2016 A
Guardian Book of the Year 2016
We should all know exactly where***

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our meat comes from. But what if you took this modern-day maxim to its logical conclusion and only ate animals you killed yourself? Louise Gray decides to be an ethical carnivore and learn to stalk, shoot and fish. Starting small, Louise shucks oysters and

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catches a trout. As she begins to reconnect with nature, she befriends countrymen and women who can teach her to shoot pigeons, rabbits and red deer. Louise begins to look into how meat is processed, including the beef in our burgers, cheap

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chicken, supermarket bacon and farmed fish. She investigates halal slaughter and visits abattoirs to ask whether new technology can make eating meat more humane. Delving into alternative food cultures, Louise finds herself sourcing roadkill

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and cooking a squirrel stir-fry, and she explores eating other sources of protein like in vitro meat, insects and plant-based options. With the global demand for meat growing, Louise argues that eating less meat should be an essential part of fighting

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climate change for all of us. Her writing on nature, food and the environment is full of humour, while never shying from the hard facts. Louise gets to the heart of modern anxieties about where our meat comes from, asking an important question for our time -

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***is it possible to be an ethical
carnivore?***

***Going vegan is easy, and even
easier if you have the tools at
hand to make it work right. In the
second edition of this informative
and practical guide, two seasoned
vegans help you learn to love***

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your inner vegan freak. Loaded with tips, advice, and stories, this book is the key to helping you thrive as a happy, healthy, and sane vegan in a decidedly non-vegan world that doesn't always get what you're about. In this sometimes funny, sometimes

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***irreverent, and sometimes
serious guide that's not afraid to
tell it like it is, you will: find out
how to go vegan in three weeks or
less with our "cold tofu method"
discover and understand the
arguments for ethical,
abolitionist veganism learn how***

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to convince family, friends, and others that you haven't joined a vegetable cult by going vegan get some advice on dealing with people in your life without creating havoc or hurt feelings learn to survive restaurants, grocery stores, and meals with

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omnivores find advice on how to respond when people ask you if you “like, live on apples and twigs.” In a revised and rewritten second edition, Vegan Freak: Being Vegan in a Non-Vegan World is your guide to embracing vegan freakdom. Come on, get

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your freak on!

***Combining the winning elements
of proven training approaches,
motivational stories, and
innovative recipes, No Meat
Athlete is a unique guidebook,
healthy-living cookbook, and
nutrition primer for the beginner,***

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every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased

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***speed- Easier digestion and faster
recovery after workouts-
Improved energy levels to help
with not just athletic
performance but your day-to-day
life - Reduced impact on the
planet Whatever your motivation
for choosing a meat-free lifestyle,***

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this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to

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make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual

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***provides training plans for
common race distances and
shows runners how to create
healthy habits, improve
performance, and avoid injuries.
No Meat Athlete will take you
from the start to finish line,
giving you encouraging tips,***

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*tricks, and advice along the way.
Wacky Aphorisms, What the Web
Says about the Vegetarian Myth
The Gardener's and Farmer's
Guide to Plant Breeding and Seed
Saving, 2nd Edition
The Sexual Politics of Meat (20th
Anniversary Edition)*

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***The Case for (Better) Meat: Why
Well-Raised Meat Is Good for You
and Good for the Planet
The Alzheimer's Antidote
What We Leave Behind
The Homegrown Paleo Cookbook
The book that started a***

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*revolution in the way
Americans eat The
extraordinary book that
taught America the
social and personal
significance of a new
way of eating is still a*

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***complete guide for
eating well in the
twenty-first century.
Sharing her personal
evolution and how this
groundbreaking book
changed her own life,***

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*world-renowned food
expert Frances Moore
Lappé offers an all-new,
even more fascinating
philosophy on changing
yourself—and the
world—by changing the*

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***way you eat. The Diet
for a Small Planet
features: • simple rules
for a healthy diet •
streamlined, easy-to-use
format • food
combinations that make***

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***delicious, protein-rich
meals without meat •
indispensable kitchen
hints—a comprehensive
reference guide for
planning and preparing
meals and snacks •***

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***hundreds of wonderful
recipes***

***“Nicolette Hahn Niman
sets out to debunk just
about everything you
think you know . . .
She’s not trying to***

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***change your mind; she's
trying to save your
world.”—Los Angeles
Times “Elegant, strongly
argued.”—The Atlantic
(named a “Best Food
Book”) As the meat***

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***industry—from small-
scale ranchers and
butchers to sprawling
slaughterhouse
operators—responds to
COVID-19, the climate
threat, and the rise of***

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***plant-based meats,
Defending Beef delivers
a passionate argument
for responsible meat
production and
consumption—in an
updated and expanded new***

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***edition. For decades it
has been nearly
universal dogma among
environmentalists that
many forms of
livestock—goats, sheep,
and others, but***

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***especially cattle—are
Public Enemy Number One.
They erode soils,
pollute air and water,
damage riparian areas,
and decimate wildlife
populations. As recently***

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*as 2019, a widely
circulated Green New
Deal fact sheet even
highlighted the problem
of “farting cows.” But
is the matter really so
clear-cut? Hardly. In*

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Defending Beef, Second Edition, environmental lawyer turned rancher Nicolette Hahn Niman argues that cattle are not inherently bad for the earth. The impact of

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***grazing can be either
negative or positive,
depending on how
livestock are managed.
In fact, with proper
oversight, livestock can
play an essential role***

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in maintaining grassland ecosystems by performing the same functions as the natural herbivores that once roamed and grazed there. With more public discussions and

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***media being paid to
connections between
health and diet, food
and climate, and climate
and farming—especially
cattle farming,
Defending Beef has never***

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*been more timely. And in
this newly revised and
updated edition, the
author also addresses
the explosion in
popularity of “fake
meat” (both highly*

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processed “plant-based foods” and meat grown from cells in a lab, rather than on the hoof). Defending Beef is simultaneously a book about big issues and the

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personal journey of the author, who continues to fight for animal welfare and good science. Hahn Niman shows how dispersed, grass-based, smaller-scale farms can

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***and should become the
basis of American food
production.***

***The answers for perfect
teeth, unblemished skin,
and pristine hair are in
this book. Dr. Price was***

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***75 years ahead of his
time. In this book, he
demonstrates that
isolated groups of
people living in
accordance with Nature
have the best overall***

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***physical and mental
health. Diseases
inflicting “modern”
humans are unheard of in
most of these study
groups. Dr. Weston
Andrew Price, DDS, was***

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***called the “Isaac Newton
of Nutrition” and the
“Darwin of Nutrition.”
This edition of Dr.
Price’s classic is
modernized with the epub
format. It is easier to***

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*read on smartphones and
tablets. It also
includes updated
statistics and
additional images. Dr.
Price shows that
illness, disease,*

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***behavior, criminality,
anemia, voice, and even
cheek-line, are all
within the domain of
Nutrition. "If civilized
man is to survive, he
must incorporate the***

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***fundamentals of
primitive nutritional
wisdom into his modern
lifestyle.” –Dr. Weston
A. Price, DDS
Plant-based is best for
health, go vegan to help***

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***save the planet, eat
less meat... Almost
every day we are
bombarded with the
seemingly
incontrovertible message
that we must reduce our***

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***consumption of meat and
dairy - or eliminate
them from our diets
altogether. But what if
the pervasive message
that the plant-based
diet will improve our***

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health and save the planet is misleading - or even false? What if removing animal foods from our diet is a serious threat to human health, and a red

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***herring in the fight
against climate change.
In THE GREAT PLANT-BASED
CON, Jayne Buxton
demonstrates that each
of these 'what-ifs' is,
in fact, a reality.***

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Drawing on the work of numerous health experts and researchers, she uncovers how the separate efforts of a constellation of individuals, companies

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***and organisations are
leading us down a
dietary road that will
have severe
repercussions for our
health and wellbeing,
and for the future of***

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***the planet. THE GREAT
PLANT-BASED CON is
neither anti-plant nor
anti-vegan - it is a
call for us to take an
honest look at the facts
about human diets and***

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***their effect on the
environment. Shocking
and eye-opening, this
book outlines everything
you need to know to make
more informed decisions
about the food you***

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choose to eat.

Peak Oil Survival

Vegan Revolution

Preparation for Life

After Gridcrash

Ethics, Sustainability

and Critical Animal

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Studies

***Nutrition and Physical
Degeneration: A
Comparison of Primitive
and Modern Diets and
Their Effects
The Ecological Hoofprint***

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Animals As Biotechnology

Raising awareness of human indifference and cruelty toward animals, The Global Guide to Animal Protection includes more than 180 introductory articles that survey the extent of worldwide

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human exploitation of animals from a variety of perspectives. In addition to entries on often disturbing examples of human cruelty toward animals, the book provides inspiring accounts of attempts by courageous

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individuals--including Jane Goodall, Shirley McGreal, Birute Mary Galdikas, Richard D. Ryder, and Roger Fouts--to challenge and change exploitative practices. As concern for animals and their welfare grows, this volume will be

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an indispensable aid to general readers, activists, scholars, and students interested in developing a keener awareness of cruelty to animals and considering avenues for reform. Also included is a special foreword by Archbishop

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Desmond Tutu, urging readers to seek justice and protection for all creatures, humans and animals alike.

"For over four decades, Richard Schwartz has engaged with two ethically rich ways of living that, as

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he charts in this book, he came to appreciate in middle age: Judaism and veganism. Having been born into a secular Jewish family, it was his marriage and an increasing commitment to social justice that propelled him to study and

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rediscover the essence of his Jewish faith. That sense of social justice further raised his awareness of the environmental movement, and, ultimately, to animal rights and veganism. In *Vegan Revolution: Saving Our World, Revitalizing*

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Judaism, Schwartz shows how, now perhaps more than ever, veganism offers a pathway for all of us of whatever faith (or no faith) to reduce hunger, conserve the environment, save water, reinstitute justice, and care for animals and

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the Earth. It is no coincidence, as Schwartz demonstrates, that many of these ideas are mandates in Jewish scripture, and that reincorporating a care for the world (tikkun olam) can itself reinvigorate the spirit of a faith and galvanize its

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practitioners to act"--

Diets high in grains can lead to a host of health problems such as obesity, diabetes, heart disease, fatigue, and more. Going Against the Grain outlines the disadvantages and potential

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dangers of eating various types of grains and provides practical, realistic advice on implementing a plan to cut back or eliminate grains on a daily basis. This book also includes easy-to-follow grain-free recipes and helpful suggestions for

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dining out.

In *Animals as Biotechnology* sociologist Richard Twine places the question of human/animal relations at the heart of sustainability and climate change debates. The book is shaped by the

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emergence of two contradictory trends within our approach to nonhuman animals: the biotechnological turn in animal sciences, which aims to increase the efficiency and profitability of meat and dairy production; and the

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emerging field of critical animal studies - mostly in the humanities and social sciences - which works to question the nature of our relations with other animals. The first part of the book focuses on ethics, examining critically the

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dominant paradigms of bioethics and power relations between human and non-human. The second part considers animal biotechnology and political economy, examining commercialisation and regulation.

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The final part of the book centres on discussions of sustainability, limits and an examination of the prospects for animal ethics if biotechnology becomes part of the dominant agricultural paradigm. Twine concludes by considering

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whether growing calls to reduce our consumption of meat/dairy products in the face of climate change threats are in fact complicit with an anthropocentric understanding of sustainability and that what is needed is a more fundamental

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ethical and political questioning of relations and distinctions between humans, animals and nature.

Food, Justice, and Sustainability

Deep Green Resistance

The Case for Sustainable Meat

Production

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How the Environmental Movement
Lost Its Way and What We Can Do
About It

The Ethical Carnivore

The Ecological and Nutritional Case
for Meat, 2nd Edition

A Benign Extravagance

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“In America, four hundred people own the wealth of more than half of the American population. We should not be saying tax the rich, but instead we should be saying take their money and redistribute it, take their property and redistribute

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it.” —Arundhati Roy Industrial civilization is devouring the planet and the future. The oceans are acidifying, whole mountains have been laid to waste, and the climate is teetering into chaos. Every biome is approaching collapse. And fifty

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years of environmentalism hasn't even slowed the rate of destruction. Yet environmentalists are not considering strategies that might actually prevent the looming biocide we are facing. Until Earth at Risk. Earth at Risk: Building a

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Resistance Movement to Save the Planet is an annual conference featuring environmental thinkers and activists who are willing to ask the hardest questions about the seriousness of our situation. The conference is convened by Derrick

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*Jensen, acclaimed author of
Endgame, who has argued that we
need a resistance movement against
civilization itself. The twelve people
in this volume present an
impassioned critique of the
dominant culture from every angle:*

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*William Catton Jr. explains
ecological overshoot; Thomas
Linzey gives a fiery call for
community sovereignty; Jane
Caputi exposes patriarchy's mythic
dismemberment of the Goddess;
Aric McBay discusses historically*

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*effective resistance strategies; and
Stephanie McMillan takes down
capitalism. One by one, they build
an unassailable case that we need
to deprive the rich of their ability to
steal from the poor and the
powerful of their ability to destroy*

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the planet. These speakers offer their ideas on what can be done to build a real resistance movement, one that includes all levels of direct action—action that can actually match the scale of the problem. Earth at Risk includes: Derrick

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*Jensen, author of Endgame, A
Language Older than Words, and
many others. Lierre Keith, author
of The Vegetarian Myth: Food,
Justice, and Sustainability;
coauthor of Deep Green
Resistance: Strategy to Save the*

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Planet. Nora Barrows-Friedman, journalist and photographer; correspondent for outlets such as The Electronic Intifada, Al Jazeera, and Truthout.org. Jane Caputi, author of The Age of Sex Crime; Gossips, Gorgons, and

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*Crones: The Fates of the Earth;
and Goddesses and Monsters:
Women, Myth, Power and Popular
Culture. William Catton Jr.,
sociologist, author of Overshoot:
The Ecological Basis of
Revolutionary Change, and*

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***Bottleneck: Humanity's
Impending Impasse. Gail Dines, a
founding member of Stop Porn
Culture, author of Pornland: How
Porn Has Hijacked Our Sexuality.
Thomas Linzey, executive director
of the Community Environmental***

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*Legal Defense Fund. Aric Mcbay,
coauthor of Deep Green
Resistance: Strategy to Save the
Planet. Stephanie Mcmillan,
cartoonist; author of The
Beginning of the American Fall;
organizer for the anti-capitalist/anti-*

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imperialist collective One Struggle.
Riki Ott, marine biologist, author
of Not One Drop: Betrayal and
Courage in the Wake of the Exxon
Valdez Oil Spill. Arundhati Roy,
author of An Ordinary Person's
Guide to Empire; Field Notes on

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*Democracy: Listening to
Grasshoppers; and many others.
Waziyatawin, historian and anti-
colonial activist, author of For
Indigenous Eyes Only; What Does
Justice Look Like? The Struggle
for Liberation in Dakota*

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Homeland; and other books.

Another blockbuster from Dr.

Natasha Campbell-McBride, the

creator and author of the GAPS

Protocol—Gut And Psychology /

Gut And Physiology Syndrome.

Her GAPS Nutritional Protocol has

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been used successfully by hundreds of thousands of people around the world for treating a plethora of chronic health problems, from mental illness to physical disorders. Her book Gut and Psychology Syndrome has been translated into

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sixteen languages. She has now undertaken an intense study into the value of plant foods versus animal foods. Vegetarianism Explained: Making an Informed Decision is the result of this study. Dr Campbell-McBride gives a full

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scientific description of how animal and plant foods are digested and used by the human body. This information will give the reader a good understanding on how to feed their body to achieve optimal health and vitality. This book is an

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*essential read for those who are
considering a plant-based lifestyle
and those who are already
following a vegetarian or a vegan
diet. The subject of fasting is
covered and will give the reader a
good understanding on how to use*

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*this method for healing and health.
This book will also answer
questions on where our food comes
from and how it is produced, how
to eat in harmony with your body's
needs and how we should introduce
small children to the world of food.*

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Dr Natasha Campbell-McBride is known for her ability to explain complex scientific concepts in a language easily understood by all. Vegetarianism Explained will be enjoyed by all ages of adults – from young teenagers to mature

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*professionals. For those who are
scientifically minded the book is
fully referenced.*

*In this lively, accessible, and
provocative collection, Aph and Syl
Ko provide new theoretical
frameworks on race, advocacy for*

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nonhuman animals, and feminism.

Using popular culture as a point of reference for their critiques, the Ko sisters engage in groundbreaking analysis of the compartmentalized nature of contemporary social movements, present new ways of

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*understanding interconnected
oppressions, and offer conceptual
ways of moving forward expressive
of Afrofuturism and black
veganism.*

*A Comprehensive Metabolic &
Lifestyle Approach A diagnosis of*

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*Alzheimer's disease in 2016 is
startlingly similar to a half-century
ago. Despite decades of research
and millions of dollars invested in
uncovering the causes and
developing treatments for this
devastating illness, progress has*

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*been slow, with each new
"blockbuster" drug proving to be
as big a disappointment as the ones
that went before it. Today, an
Alzheimer's diagnosis is a death
sentence. However, there may be
ways to prevent, delay, and possibly*

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*even reverse the course of this
crippling neurodegenerative
disease. In The Alzheimer's
Antidote, Certified Nutrition
Specialist Amy Berger presents a
multi-pronged nutrition and
lifestyle intervention to combat*

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Alzheimer's disease at its roots.

Berger's research shows that

*Alzheimer's results from a fuel
shortage in the brain: As neurons
become unable to harness energy
from glucose, they atrophy and die,
leading to classic symptoms like*

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memory loss and behavioral changes. This is a revolutionary approach--one that has been discussed in the scientific literature for years but has only recently been given credence in clinical settings, thanks to extremely promising

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studies wherein Alzheimer's patients have experienced complete reversals of the condition. Medical and scientific journals are full of research showing alternate ways to fuel the starving brain, but no one has been bringing this essential

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information to the people who need it most--until now. In a culture obsessed with miracle medications, the pharmaceutical route for tackling Alzheimer's has been a massive failure. Pills and potions don't address underlying causes,

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and regarding Alzheimer's, they typically fail to improve even the symptoms. As a metabolic problem, the only effective way to treat Alzheimer's may be a multifaceted approach that fundamentally reprograms energy generation in

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the brain. The good news is, the secret is as simple as switching to a low-carb, high-fat diet. The Alzheimer's Antidote shows us that cognitive decline is not inevitable, but if it does occur, we don't have to sit idly by and wait helplessly

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while it progresses and worsens.

*Amy Berger empowers loved ones
and caregivers of Alzheimer's
sufferers, and offers hope and light
against this otherwise unnavigable
labyrinth of darkness.*

Being Vegan in a Non-Vegan

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World

*The Great Plant-Based Con
Vegetarianism Explained*

The Lost Religion of Jesus

*Saving Our World, Revitalizing
Judaism*

My Year Killing to Eat

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***Run on Plants and Discover Your
Fittest, Fastest, Happiest Self***

We've been told that a vegetarian diet can feed the hungry, honor the animals, and save the planet. Lierre Keith believed in that plant-based diet and spent twenty years as a vegan.

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But in The Vegetarian Myth, she argues that we've been led astray--not by our longings for a just and sustainable world, but by our ignorance. The truth is that agriculture is a relentless assault against the planet, and more of the same won't save us. In service to annual grains,

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humans have devastated prairies and forests, driven countless species extinct, altered the climate, and destroyed the topsoil--the basis of life itself. Keith argues that if we are to save this planet, our food must be an act of profound and abiding repair: it must come from inside living

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communities, not be imposed across them. Part memoir, part nutritional primer, and part political manifesto, The Vegetarian Myth will challenge everything you thought you knew about food politics.

*What the Heck Should I Eat?
Food*

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New Ways Forward

Meat

*A Firm-Level Analysis of Small and
Medium Size Enterprise ...*

Ethical Vegetarianism and Veganism