

**The Book That Started a Revolution
in the Way Americans Eat**

Diet for a Small Planet

**20th
Anniversary
Edition**

With a New Introductory Chapter by the Author
Frances Moore Lappé

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Diet For A Small Planet 20th Anniversary Edition

Carol J. Adams



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Diet for a Small Planet (20th Anniversary Edition) Frances Moore Lappe, 2011-05-18 Here again is the extraordinary bestselling book that taught America the social and personal significance of a new way of eating one that remains a complete guide for eating well in the 90s Featuring simple rules for a healthy diet a streamlined easy to use format delicious food combinations of protein rich meals without meat hundreds of wonderful recipes and much more From the Paperback edition

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The Sexual Politics of Meat (20th Anniversary Edition) Carol J. Adams, 2010-05-27

Grassroots Jennifer Baumgardner, Amy Richards, 2005-01-12 From the authors of Manifesta an activism handbook that illustrates how to truly make the personal political Grassroots is an activism handbook for social justice Aimed at everyone from students to professionals stay at home moms to artists Grassroots answers the perennial question What can I do Whether you are concerned about the environment human rights violations in Tibet campus sexual assault policies sweatshop labor gay marriage or the ongoing repercussions from 9 11 Jennifer Baumgardner and Amy Richards believe that we all have something to offer in the fight against injustice Based on the authors own experiences and the stories of both the large number of activists they work with as well as the countless everyday people they have encountered over the years Grassroots encourages people to move beyond the generic three check writing calling congresspeople and volunteering and make a difference with clear guidelines and models for activism The authors draw heavily on individual stories as examples inspiring readers to recognize the tools right in front of them be it the office copier or the family living room in order to make change Activism is accessible to all and Grassroots shows how anyone no matter how much or little time they have to offer can create a world that more clearly reflects their values

Vegan Revolution Richard H. Schwartz, 2020 For over four decades Richard Schwartz has engaged with two ethically rich ways of living that as 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 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 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 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 practitioners to act The Eternal Life Cookbook Barbara Rose,2010-01-11 You can have eternal life and youth and all you need to do is change your diet Learn more about this amazing breakthrough with this well researched and enlightening book It also features many delicious easy and healthy vegan recipes Food Is the Solution Matthew Prescott,2018-03-20 This book is full of recipes that are good to eat and good for the earth Check it out Ellen DeGeneres In Food Is the Solution Matthew Prescott Senior Food Policy Director for the Humane Society and a leader in the environmental food movement shows how our plates have the power to heal the world This lavishly designed resource and recipe collection shows how anyone can help solve the world s major issues environmental problems chief among them simply by incorporating more plants into their diets Featuring investigative reporting compelling infographics and essays from notable contributors like Dr Michael Greger John Mackey James Cameron Paul McCartney and Wolfgang Puck Food Is the Solution will inspire us all to put more plants on our plates What we eat will determine what kind of world we live in and what kind of world we live on and Matthew Prescott proves that meat heavy diets are destroying the planet Imagine a world in which we are all healthier Imagine a world where the air is clean forests dense water pure and animal life healthy That world is a happier world a better world and the delectable plant based foods Prescott shows us how to prepare in Food Is the Solution will help us create it Food is power and this book will help you use it Chef David Chang Momofuku Devour this book Eat it up It might just save your life and the world Michael Greger MD New York Times bestselling author of How Not to Die **The Complete Idiot's Guide to Vegan Cooking** Beverly Bennett,Ray Sammartano,2008-08-05 Delicious recipes for the growing vegan lifestyle There are so many reasons to go vegan health and nutrition weight loss green and sustainable living and prevention of cruelty to animals With over 200 mouth watering recipes and tips for converting meat and dairy based dishes into vegan ones The Complete Idiot s Guide to Vegan Cooking will help readers enjoy a healthy vegan diet without sacrificing taste In this Complete Idiot s Guide you get Beginner friendly tips for creating vegan versions of your favorite recipes Simple substitutions for replacing meat dairy eggs gelatin and honey in your vegan cooking and baking Straight talk on getting the calcium protein and other nutrition you need while eating vegan Easy to follow advice on planning healthful vegan meals your family will love *Animals are the Issue* Linda S Katz,2013-10-31 Supply your library with the best collection of resources on animal issues Animals are the Issue Library Resources on Animal Issues is a guide to books journals and Web sites on historic and modern animal treatment Expert librarians and scholars provide helpful resources showing what ideals and practical solutions exist in animal rights and welfare debates With this book students philosophers and politicians can find the best of written and electronic resources about the protection and ethical use of animals by humankind Animals are

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