

Eating Animals

Drawing on years of investigative reporting, Wyatt Williams offers a powerful look at why we kill and eat animals. In order to understand why we eat meat, the restaurant critic and journalist investigated factory farms, learned to hunt game, worked on a slaughterhouse kill floor, and partook in Indigenous traditions of whale eating in Alaska. In *Springer Mountain*, he tells about his experiences while charting the history of meat eating and vegetarianism. Williams shows how mysteries springing up from everyday experiences can lead us into the big questions of life while examining the irreconcilable differences between humans and animals. *Springer Mountain* is a thought-provoking work, one that reveals how what we eat tells us who we are.

Are you concerned about the disconnect between healthy eating and engineered, factory-farmed food? *Stop Eating the Animals* employs reason, emotions, and beliefs to advance a unique argument from the dual perspectives of human health and animal welfare, enabling readers to see how the two issues are inextricably linked. It looks at what science is revealing about harm to our health from animal protein. It examines how we make our food choices and our faulty assumptions. Then it profoundly reframes the eating of animals' bodies as not just a simple dietary choice, but as a moral decision with existential consequences. The author reintroduces us to our beloved pets as "Ambassadors" of the animal kingdom who are no different than their relatives imprisoned on factory farms. He challenges us with difficult questions like, Why are we thrilled to bring children to an orchard to pick fruit, yet shield them from seeing a slaughterhouse? Salient points are reinforced by numerous fascinating quotes from historical figures who advocated against eating animals. Follow Jerry H. Parisella's transition away from animal flesh. Then use his first thirty days of meals to begin your meat-free foodstyle as the most healthy and humane way to nourish ourselves.

'Compelling, illuminating and often confronting, *On Eating Meat* is a brilliant blend of a gastronome's passion with forensic research into the sources of the meat we eat. Matthew Evans brings his unflinching honesty - and a farmer's hands-on experience - to the question of how to be an ethical carnivore.' Hugh Mackay 'Intellectually thrilling - a book that challenges both vegans and carnivores in the battle for a new ethics of eating. This book will leave you surprised, engrossed and sometimes shocked - whatever your food choices.' Richard Glover How can 160,000 deaths in one day constitute a 'medium-sized operation'? Think beef is killing the world? What about asparagus farms? Or golf? Eat dairy? You'd better eat veal, too. Going vegan might be all the rage, but the fact is the world has an ever-growing, insatiable appetite for meat - especially cheap meat. Former food critic and chef, now farmer and restaurateur Matthew Evans grapples with the thorny issues around the ways we produce and consume animals. From feedlots and abattoirs, to

organic farms and animal welfare agencies, he has an intimate, expert understanding of the farming practices that take place in our name. Evans calls for less radicalisation, greater understanding, and for ethical omnivores to stand up for the welfare of animals and farmers alike. Sure to spark intense debate, *On Eating Meat* is an urgent read for all vegans, vegetarians and carnivores.

Literature on the ethics and politics of food and that on human–animal relationships have infrequently converged. Representing an initial step toward bridging this divide, *Messy Eating* features interviews with thirteen prominent and emerging scholars about the connections between their academic work and their approach to consuming animals as food. The collection explores how authors working across a range of perspectives—postcolonial, Indigenous, black, queer, trans, feminist, disability, poststructuralist, posthumanist, and multispecies—weave their theoretical and political orientations with daily, intimate, and visceral practices of food consumption, preparation, and ingestion. Each chapter introduces a scholar for whom the tangled, contradictory character of human–animal relations raises difficult questions about what they eat. Representing a departure from canonical animal rights literature, most authors featured in the collection do not make their food politics or identities explicit in their published work. While some interviewees practice vegetarianism or veganism, and almost all decry the role of industrialized animal agriculture in the environmental crisis, the contributors tend to reject a priori ethical codes and politics grounded in purity, surety, or simplicity. Remarkably free of proscriptions, but attentive to the Eurocentric tendencies of posthumanist animal studies, *Messy Eating* reveals how dietary habits are unpredictable and dynamic, shaped but not determined by life histories, educational trajectories, disciplinary homes, activist experiences, and intimate relationships. These accessible and engaging conversations offer rare and often surprising insights into pressing social issues through a focus on the mundane—and messy—interactions that constitute the professional, the political, and the personal. Contributors: Neel Ahuja, Billy-Ray Belcourt, Matthew Calarco, Lauren Corman, Naisargi Dave, Maneesha Deckha, María Elena García, Sharon Holland, Kelly Struthers Montford, H. Peter Steeves, Kim TallBear, Sunaura Taylor, Harlan Weaver, Kari Weil, Cary Wolfe

How Judaism and food are intertwined Judaism is a religion that is enthusiastic about food. Jewish holidays are inevitably celebrated through eating particular foods, or around fasting and then eating particular foods. Through fasting, feasting, dining, and noshing, food infuses the rich traditions of Judaism into daily life. What do the complicated laws of kosher food mean to Jews? How does food in Jewish bellies shape the hearts and minds of Jews? What does the Jewish relationship with food teach us about Christianity, Islam, and religion itself? Can food shape the future of Judaism? *Feasting and Fasting* explores questions like these to offer an expansive look at how Judaism and food have been intertwined, both historically and today. It also grapples with the charged ethical debates about how food choices reflect

competing Jewish values about community, animals, the natural world and the very meaning of being human. Encompassing historical, ethnographic, and theoretical viewpoints, and including contributions dedicated to the religious dimensions of foods including garlic, Crisco, peanut oil, and wine, the volume advances the state of both Jewish studies and religious studies scholarship on food. Bookended with a foreword by the Jewish historian Hasia Diner and an epilogue by the novelist and food activist Jonathan Safran Foer, *Feasting and Fasting* provides a resource for anyone who hungers to understand how food and religion intersect.

"Discover the eating plan that revolutionized the way Americans think about their meals, updated for its fiftieth anniversary with new recipes for the modern meatless chef. "In the . . . years since the publication of *Diet for a Small Planet*, a movement dedicated to the reform of the food system has taken root in America. Lappé's groundbreaking book connected the dots between something as ordinary and all-American as a hamburger and the environmental crisis, as well as world hunger." --Michael Pollan. Upon its release in 1971, *Diet for a Small Planet* was truly groundbreaking. This extraordinary book taught America the social and personal significance of a new way of eating : environmental vegetarianism. World hunger was not a matter of lack of food, it argued, but of lack of justice in our food systems. Half a century later, it is still a complete guide for eating well in the Twenty-First century. Sharing her personal evolution and how this revolutionary vegetarian-focused book changed her own life, world-renowned food expert Frances Moore Lappé offers a fascinating philosophy on changing yourself--and the world--by changing the way you eat. This edition features 85 modern meatless recipes, including more than a dozen new entries by celebrity chefs such as Mark Bittman, Padma Lakshmi, Alice Waters, José Andrés, Bryant Terry, Mollie Katzen, and Sean Sherman"--

In this paperback edition is a foreword by activist and author John Robbins and a reader's group study guide. This ground-breaking work, voted one of the top ten books of 2010 by *VegNews Magazine*, offers an absorbing look at why and how humans can so wholeheartedly devote ourselves to certain animals and then allow others to suffer needlessly, especially those slaughtered for our consumption. Social psychologist Melanie Joy explores the many ways we numb ourselves and disconnect from our natural empathy for farmed animals. She coins the term "carnism" to describe the belief system that has conditioned us to eat certain animals and not others. In *Why We Love Dogs, Eat Pigs, and Wear Cows* Joy investigates factory farming, exposing how cruelly the animals are treated, the hazards that meatpacking workers face, and the environmental impact of raising 10 billion animals for food each year. Controversial and challenging, this book will change the way you think about food forever.

In a world reeling from a global pandemic, never has a treatise on veganism—from our foremost philosopher on animal rights—been more relevant or necessary. "Peter Singer may be the most controversial philosopher alive; he is certainly

among the most influential.” —The New Yorker Even before the publication of his seminal *Animal Liberation* in 1975, Peter Singer, one of the greatest moral philosophers of our time, unflinchingly challenged the ethics of eating animals. Now, in *Why Vegan?*, Singer brings together the most consequential essays of his career to make this devastating case against our failure to confront what we are doing to animals, to public health, and to our planet. From his 1973 manifesto for *Animal Liberation* to his personal account of becoming a vegetarian in “The Oxford Vegetarians” and to investigating the impact of meat on global warming, Singer traces the historical arc of the animal rights, vegetarian, and vegan movements from their embryonic days to today, when climate change and global pandemics threaten the very existence of humans and animals alike. In his introduction and in “The Two Dark Sides of COVID-19,” cowritten with Paola Cavalieri, Singer excoriates the appalling health hazards of Chinese wet markets—where thousands of animals endure almost endless brutality and suffering—but also reminds westerners that they cannot blame China alone without also acknowledging the perils of our own factory farms, where unimaginably overcrowded sheds create the ideal environment for viruses to mutate and multiply. Spanning more than five decades of writing on the systemic mistreatment of animals, *Why Vegan?* features a topical new introduction, along with nine other essays, including: • “An Ethical Way of Treating Chickens?,” which opens our eyes to the lives of the birds who end up on so many plates—and to the lives of their parents; • “If Fish Could Scream,” an essay exposing the utter indifference of commercial fishing practices to the experiences of the sentient beings they scoop from the oceans in such unimaginably vast numbers; • “The Case for Going Vegan,” in which Singer assembles his most powerful case for boycotting the animal production industry; • And most recently, in the introduction to this book and in “The Two Dark Sides of COVID-19,” Singer points to a new reason for avoiding meat: the role eating animals has played, and will play, in pandemics past, present, and future. Written in Singer’s pellucid prose, *Why Vegan?* asserts that human tyranny over animals is a wrong comparable to racism and sexism. The book ultimately becomes an urgent call to reframe our lives in order to redeem ourselves and alter the calamitous trajectory of our imperiled planet.

Just Food author James McWilliams's exploration of the "compassionate carnivore" movement and the paradox of humanity's relationship with animals. In the last four decades, food reformers have revealed the ecological and ethical problems of eating animals raised in industrial settings, turning what was once the boutique concern of radical eco-freaks into a mainstream movement. Although animal products are often labeled "cage free," "free range," and "humanely raised," can we trust these goods to be safe, sound, or ethical? In *The Modern Savage*, renowned writer, historian, and animal advocate James McWilliams pushes back against the questionable moral standards of a largely omnivorous world and explores the "alternative to the alternative"-not eating domesticated animals at all. In poignant, powerful, and persuasive prose, McWilliams reveals the scope of the cruelty that

takes place even on the smallest and-supposedly-most humane animal farms. In a world increasingly aware of animals' intelligence and the range of their emotions, McWilliams advocates for the only truly moral, sustainable choice-a diet without meat, dairy, or other animal products. The Modern Savage is a riveting expose of an industry that has typically hidden behind a veil of morality, and a compelling account of how to live a more economical, environmental, and ethical life.

Part memoir and part investigative report, Eating Animals is the groundbreaking moral examination of vegetarianism, farming, and the food we eat every day that inspired the documentary of the same name. Bestselling author Jonathan Safran Foer spent much of his life oscillating between enthusiastic carnivore and occasional vegetarian. For years he was content to live with uncertainty about his own dietary choices but once he started a family, the moral dimensions of food became increasingly important. Faced with the prospect of being unable to explain why we eat some animals and not others, Foer set out to explore the origins of many eating traditions and the fictions involved with creating them. Traveling to the darkest corners of our dining habits, Foer raises the unspoken question behind every fish we eat, every chicken we fry, and every burger we grill. Part memoir and part investigative report, Eating Animals is a book that, in the words of the Los Angeles Times, places Jonathan Safran Foer "at the table with our greatest philosophers" -and a must-read for anyone who cares about building a more humane and healthy world.

Describes a variety of carnivorous plants, including the Venus fly trap, sundew, pitcher plant, and bladderwort.

Roughly 95% of Americans don't appear to have an ethical problem with animals being killed for food, yet all of us would have a serious problem with humans being killed for food. What does an animal lack that a human has that justifies killing the animal for food but not the human? As you start to list properties that the animal lacks to justify eating them, you begin to realize that some humans also lack those properties, yet we don't eat those humans. Is this logical proof that killing and eating animals for food is immoral? Don't put away your steak knife just yet. In Eat Meat... Or Don't, we examine the moral arguments for and against eating meat with both philosophical and scientific rigor. This book is not about pushing some ideological agenda; it's ultimately a book about critical thinking. But moral facts shouldn't be confused with ideology. When it comes to moral choices, there are better ones, and there are worse ones. If you act rationally and ethically and have adopted a good moral framework, you might come to the justified conclusion that eating meat is unethical... or you might not. Regardless of your conclusion, you will almost certainly realize that eating less meat is a fantastic idea for your health, the environment, and especially animals, and it's an easily achievable goal that will change your life for the better.

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

Addresses the nutritional concerns faced by many who are new to plant-based, vegetarian diets and shows how to cover every nutritional base, from protein to calcium and beyond. Features irresistibly delicious food that satisfies on every level --including amazing desserts to keep the most stubborn sweet tooth happy.

Intensive animal agriculture wrongs many, many animals. Philosophers have argued, on this basis, that most people in wealthy Western contexts are morally obligated to avoid animal products. This book explains why the author thinks that's mistaken. He reaches this negative conclusion by contending that the major arguments for veganism fail: they don't establish the right sort of connection between producing and eating animal-based foods. Moreover, if they didn't have this problem, then they would have other ones: we wouldn't be obliged to abstain from all animal products, but to eat strange things instead—e.g., roadkill, insects, and things left in dumpsters. On his view, although we have a collective obligation not to farm animals, there is no specific diet that most individuals ought to have. Nevertheless, he does think that some people are obligated to be vegans, but that's because they've joined a movement, or formed a practical identity, that requires that sacrifice. This book argues that there are good reasons to make such a move, albeit not ones strong enough to show that everyone must do likewise.

Meat eating is often a contentious subject, whether considering the technical, ethical, environmental, political, or health-related aspects of production and consumption. This book is a wide-ranging and interdisciplinary examination and critique of meat consumption by humans, throughout their evolution and around the world. Setting the scene with a chapter on meat's role in human evolution and its growing influence during the development of agricultural practices, the book goes on to examine modern production systems, their efficiencies, outputs, and impacts. The major global trends of meat consumption are described in order to find out what part its consumption plays in changing modern diets in countries around the world. The heart of the book addresses the consequences of the "massive carnivory" of western diets, looking at the inefficiencies of production and at the huge impacts on land, water, and the atmosphere. Health impacts are also covered, both positive and negative. In conclusion, the author looks forward at his vision of "rational meat eating", where environmental and health impacts are reduced, animals are treated more humanely, and alternative sources of protein make a higher contribution. *Should We Eat Meat?* is not an ideological

tract for or against carnivorousness but rather a careful evaluation of meat's roles in human diets and the environmental and health consequences of its production and consumption. It will be of interest to a wide readership including professionals and academics in food and agricultural production, human health and nutrition, environmental science, and regulatory and policy making bodies around the world.

Eating Animals is Weird is a children's board book for the youngest of readers. The book gently challenges the idea that eating non-human animals and consuming their secretions is natural and normal through the use of silly humor and images. The style of this book allows for parents to discuss this topic with their children in a light way that is not too sad or scary for them.

Why do we eat animals? Most of us think this question is absurd, but if pressed to answer we tend to provide one of a number of rationalizations. For example: "Humans are omnivores." "Every living thing eats other living things." "Animals don't possess human cognition." "Humans need to eat animals to live." We've all heard these arguments before, and many others too. Maybe we've even used these arguments ourselves. But are they logically sound? Or is eating animals in fact a prejudice, involving a thought process similar to the thought process behind racism and sexism? How exactly could the subject of eating animals teach us anything about prejudice and human rights? And supposing humans actually did need to eat animals to stay healthy, what can logic tell us about how we should act in such a situation? In this book we examine 31 categories of rationalizations for eating animals and put them all to the test. Do our thoughts and actions stand up to rational scrutiny or not? And if our thought process is ever failing us, can this be illuminated? Along with presenting a review of some of the important philosophical literature on the subject, Meat Logic examines the logic of eating animals to answer the age-old question once and for all. You may never think of food the same way again.

Eating Animals Back Bay Books

This volume collects twelve new essays by leading moral philosophers on a vitally important topic: the ethics of eating meat. Some of the key questions examined include: Are animals harmed or benefited by our practice of raising and killing them for food? Do the realities of the marketplace entail that we have no power as individuals to improve the lives of any animals by becoming vegetarian, and if so, have we any reason to stop eating meat? Suppose it is morally wrong to eat meat--should we be blamed for doing so? If we should be vegetarians, what sort should we be?

Like many young Americans, Jonathan Safran Foer spent much of his teenage and college years oscillating between enthusiastic carnivore and occasional vegetarian. As he became a husband, and then a father, the moral dimensions of eating became increasingly important to him. Faced with the prospect of being unable to explain why we eat some animals and not others, Foer set out to explore the origins of many eating traditions and the fictions involved with creating them. Traveling to the darkest corners of our dining habits, Foer raises the unspoken question behind every fish we eat, every chicken we fry, and every burger we grill. Part memoir and part investigative report, Eating Animals is a book that, in the words of the Los Angeles Times, places Jonathan Safran Foer "at the table with our greatest philosophers."

We're told that if we care about 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 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 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 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, *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 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 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, 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!

Vegetarians have argued at great length that meat-eating is wrong. Even so, the vast majority of people continue to eat meat, and even most vegetarians eventually give up on their diets. Does this prove these people must be morally corrupt? In *Why It's OK to Eat Meat*, Dan C. Shahaar argues the answer is no: it's entirely possible to be an ethical person while continuing to eat meat—and not just the "fancy" offerings from the farmers' market but also the regular meat we find at most supermarkets and restaurants. Shahaar's examination forcefully echoes vegetarians' concerns about the meat industry's impacts on animals, workers, the environment, and public health. However, he shows that the most influential ethical arguments for avoiding meat on the basis of these considerations are ultimately unpersuasive. Instead of insisting we all become vegetarians, Shahaar argues each of us has broad latitude to choose which of the world's problems to tackle, in what ways, and to what extents, and hence people can decline to take up this particular form of activism without doing anything wrong.

Key Features

- First book-length defense of meat-eating written for a popular audience
- Punchy, accessible introduction to the multifaceted debate over the ethics of eating meat
- Includes pioneering new examinations of humane labeling practices
- Shows why appeals to universalized patterns of behavior can't vindicate vegetarians' claims that there's a duty to avoid meat
- Develops a novel theory of ethical activism with potential applications to a wide range of other issues

Growing up in a household of food-loving Italian-Americans, Marissa Landrigan was always a black sheep—she barely knew how to boil water for pasta. But at college, she thought she'd found her purpose. Buoyed by animal rights activism and a feminist urge to avoid the kitchen, she transformed into a hardcore vegan activist, complete with shaved head. But Landrigan still hadn't found her place in the world. Striving to develop her career and maintain a relationship, she criss-crossed the U.S. Along the way, she discovered that eating ethically was far from simple—and cutting out meat was no longer enough. As she got closer to the source of her food, eventually even visiting a slaughterhouse and hunting elk, Landrigan realized that the most ethical way of eating was to know her food and prepare it herself, on her own terms, to eat with family and friends. Part memoir and part investigative journalism, *The Vegetarian's Guide to Eating Meat* is as much a search for identity as it is a fascinating treatise on food.

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For anyone who has ever wondered about the ethics of killing animals for food, this is the definitive collection of essays on the ethical debate. Written by internationally recognized scholars on both sides of the debate, the provocative articles here compiled will give vegetarians and meat-eaters a thorough grounding in all aspects of this controversial issue. After an introduction to the nature of the debate by editor Steve F. Sapontzis, Daniel Dombrowski reviews the history of vegetarianism. There follows a

discussion of health issues and what anthropology has to tell us about human diet. Also included are the classic cases for vegetarianism from philosophers Peter Singer and Tom Regan, and new essays rebutting those classic positions from humanists Roger Scruton and Carl Cohen, among others. Various scholars then examine religious teachings about eating animals, which are drawn from Judaism, Christianity, and Islam, as well as Native American and Eastern traditions. Finally, Carol J. Adams, Deanne Curtin, and Val Plumwood, among other outstanding advocates, debate the ethics of eating meat in connection with feminism, environmentalism, and multiculturalism. Containing virtually a "Who's Who" of philosophers, social critics, environmentalists, feminists, and religious scholars who have participated in the vegetarianism debate over the past quarter century, this outstanding anthology of expert articles, most of them new, provides the latest thinking on a subject of increasing public interest.

The incredible story of the man behind TOMS Shoes and One for One, the revolutionary business model that marries fun, profit, and social good. "A creative and open-hearted business model for our times."—The Wall Street Journal Why this book is for you: • You're ready to make a difference in the world—through your own start-up business, a nonprofit organization, or a new project that you create within your current job. • You want to love your work, work for what you love, and have a positive impact on the world—all at the same time. • You're inspired by charity: water, method, and FEED Projects and want to learn how these organizations got their start. • You're curious about how someone who never made a pair of shoes, attended fashion school, or worked in retail created one of the fastest-growing footwear companies in the world by giving shoes away. • You're looking for a new model of success to share with your children, students, co-workers, and members of your community. You're ready to start something that matters.

A few years ago, Marta Zaraska's mother decided to go vegetarian after stumbling upon an article on the health risks of eating meat. Her resolve lasted about a fortnight before the juicy hams and the creamy pâtés began creeping back into her refrigerator. Prodded to explain her lapse, she replied, "I like meat, I eat it, end of story." Many of us have had a similar experience. What makes us crave animal protein, and what makes it so hard to give up? And if all the studies are correct, and consuming meat is truly unhealthy for us, why didn't evolution turn us all into vegetarians in the first place? In *Meathooked*, Zaraska explores what she calls the "meat puzzle": our love of meat, despite its harmful effects. Scientific journals overflow with reports of red meat raising the risk of certain cancers; each hamburger contributes as much to global warming as does driving a car 320 miles; and the horrors of industrial meat production are now well-known. None of these facts have prompted us to give up our hamburgers and steaks. On the contrary, meat consumption has only increased over the past decades. Taking the reader to India's unusual steakhouses, animal sacrifices at temples in Benin, and labs in Pennsylvania where meat is being grown in petri dishes, Zaraska examines the history and future of meat and meat-eating, showing that while our increasing consumption of meat can be attributed in part to the power of the meat industry and the policies of our governments, the main "hooks" that keep us addicted to meat are much older: genes and culture. An original and thought-provoking exploration of carnivorousness, *Meathooked* explains one of the most enduring features of human civilization—and why meat-eating will continue to shape our bodies and our world into the

foreseeable future.

That's Why We Don't Eat Animals uses colorful artwork and lively text to introduce vegetarianism and veganism to early readers (ages six to ten). Written and illustrated by Ruby Roth, the book features an endearing animal cast of pigs, turkeys, cows, quail, turtles, and dolphins. These creatures are shown in both their natural state—rooting around, bonding, nuzzling, cuddling, grooming one another, and charming each other with their family instincts and rituals—and in the terrible conditions of the factory farm. The book also describes the negative effects eating meat has on the environment. A separate section entitled “What Else Can We Do?” suggests ways children can learn more about the vegetarian and vegan lifestyles, such as: “Celebrate Thanksgiving with a vegan feast” or “Buy clothes, shoes, belts, and bags that are not made from leather or other animal skins or fur.” This compassionate, informative book offers both an entertaining read and a resource to inspire parents and children to talk about a timely, increasingly important subject. That's Why We Don't Eat Animals official website: <http://wedonteatanimals.com/>

A New Scientist Best Book of 2020 Our evolutionary ancestors once possessed the ability to intuit what food their bodies needed, in what proportions, and ate the right things in the proper amounts—perfect nutritional harmony. From wild baboons to gooey slime molds, most every living organism instinctually knows how to balance their diets, except modern-day humans. When and why did we lose this ability, and how can we get it back? David Raubenheimer and Stephen Simpson reveal the answers to these questions in a gripping tale of evolutionary biology and nutritional science, based upon years of groundbreaking research. Their colorful scientific journey takes readers across the globe, from the foothills of Cape Town, to the deserts of Arizona, to a state-of-the-art research center in Sydney. Readers will encounter locusts, mice and even gorillas along the way as the scientists test their hypotheses on various members of the animal kingdom. This epic scientific adventure culminates in a unifying theory of nutrition that has profound implications for our current epidemic of metabolic diseases and obesity. Raubenheimer and Simpson ultimately offer useful advice to understand the unwanted side effects of fad diets, gain control over one's food environment, and see that delicious and healthy are integral parts of proper eating.

In this comprehensive introduction to animal ethics, Lori Gruen weaves together poignant and provocative case studies with discussions of ethical theory, urging readers to engage critically and empathetically reflect on our treatment of other animals. In clear and accessible language, Gruen provides a survey of the issues central to human-animal relations and a reasoned new perspective on current key debates in the field. She analyses and explains a range of theoretical positions and poses challenging questions that directly encourage readers to hone their ethical reasoning skills and to develop a defensible position about their own practices. Her book will be an invaluable resource for students in a wide range of disciplines including ethics, environmental studies, veterinary science, women's studies, and the emerging field of animal studies and is an engaging account of the subject for general readers with no prior background in philosophy.

SPECIAL OFFERTake \$2 OFF per copy purchased through CreateSpace (<https://www.createspace.com/4423398>) with discount code: Z8RZS95MThis book puts the issue of eating animals squarely on the table.We all claim to care about animals and

to regard them as having at least some moral value. We all claim to agree that it's wrong to inflict “unnecessary” suffering and death on animals and--whatever disagreement we may have about when animal use is necessary—we all agree that the suffering and death of animals cannot be justified by human pleasure, amusement, or convenience. We condemn Michael Vick for dog fighting precisely because we feel strongly that any pleasure that Vick got from this activity could not possibly justify what he did. So how can we justify the fact that we kill many billions of land animals and fish every year for food? However “humanely” we treat and kill these animals, the amount of animal suffering we cause is staggering. Yet no one maintains that animal foods are necessary for optimal health. Indeed, mounting empirical evidence points to animal foods being detrimental for human health. But however you evaluate that evidence, there can be no serious doubt that we can have excellent health with a vegan diet. There is also broad consensus that animal agriculture is an ecological disaster. Animal agriculture is responsible for water pollution, air pollution, deforestation, soil erosion, inefficient use of plant protein and water, and all sorts of other environmental harms. The best justification we have for the unimaginable amount of suffering and death that we impose on animals is that they taste good. We enjoy the taste of animal foods. But how is this any different from Michael Vick claiming that his dog fighting operation was justifiable because he enjoyed watching dogs fight? Vick liked sitting around a pit watching animals fight. We enjoy sitting around the summer barbecue pit roasting the corpses of animals who have had lives and deaths that are as bad, if not worse than, Vick's dogs. What is the difference between Michael Vick and those of us who eat animal foods? This book shows that there is no difference, or at least not any difference that matters morally. Francione and Charlton argue that if you think animals matter morally—if you reject the idea that animals are just things—your own beliefs require that you stop eating animal products. There is nothing “extreme” about a vegan diet; what is extreme is the inconsistency between what we say we believe and how we act where animals are concerned. Many of us are uneasy thinking about the animals who end up on our plates. We may have thought about stopping eating animal products but there are many excuses that have kept us from doing so. The authors explore the 30+ excuses they have heard as long-time vegans and address each one, showing why these excuses don't work. Packed with clear, commonsense thinking on animal ethics, without jargon or complicated theory, this book will change the way you think about what you eat.

Winner of two 2017 Guild of Food Writers Awards: best Food Book 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 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 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 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 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 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 – is it possible to be an ethical carnivore?

In *We Are the Weather*, Jonathan Safran Foer explores the central global dilemma of our time in a surprising, deeply personal, and urgent new way. Some people reject the fact, overwhelmingly supported by scientists, that our planet is warming because of human activity. But do those of us who accept the reality of human-caused climate change truly believe it? If we did, surely we would be roused to act on what we know. Will future generations distinguish between those who didn't believe in the science of global warming and those who said they accepted the science but failed to change their lives in response? The task of saving the planet will involve a great reckoning with ourselves—with our all-too-human reluctance to sacrifice immediate comfort for the sake of the future. We have, he reveals, turned our planet into a farm for growing animal products, and the consequences are catastrophic. Only collective action will save our home and way of life. And it all starts with what we eat—and don't eat—for breakfast.

Brian Kateman coined the term "Reducetarian"—a person who is deliberately reducing his or her consumption of meat—and a global movement was born. In this book, Kateman, the founder of the Reducetarian Foundation, presents more than 70 original essays from influential thinkers on how the simple act of cutting 10% or more of the meat from one's diet can transform the life of the reader, animals, and the planet. This book features contributions from such luminaries as Seth Godin, Joel Fuhrman, Victoria Moran, Jeffrey Sachs, Bill McKibben, Naomi Oreskes, Peter Singer, and others. With over 40 vegan, vegetarian, and "less meat" recipes from bestselling cookbook author Pat Crocker, as well as tons of practical tips for reducing the meat in your diet (for example, skip eating meat with dinner if you ate it with lunch; replace your favorite egg omelet with a tofu scramble; choose a veggie burrito instead of a beef burrito; declare a meatless day of the week), *The Reducetarian Solution* is a life—not to mention planet!—saving book.

Details how, with the unprecedented opening of African forests by European and Asian logging companies, the traditional consumption of wild animal meat in Central Africa has suddenly exploded in scope and impact, moving from what was recently a subsistence activity to an enormous and completely unsustainable commercial enterprise. Although the three African great apes account for only about one percent of the commercial bush meat trade, today's rate of slaughter could bring about their extinction in the next few decades. *Eating Apes* documents the when, where, how, and why of this rapidly accelerating disaster. In bringing the facts of this crisis and these impending extinctions into a single, accessible book, Peterson takes us one step closer to averting one of the most disturbing threats to our closest relatives.--From publisher description.

From the Publisher: Jonathan Safran Foer spent much of his teenage and college years oscillating between omnivore and

vegetarian. But on the brink of fatherhood-facing the prospect of having to make dietary choices on a child's behalf-his casual questioning took on an urgency. His quest for answers ultimately required him to visit factory farms in the middle of the night, dissect the emotional ingredients of meals from his childhood, and probe some of his most primal instincts about right and wrong. Brilliantly synthesizing philosophy, literature, science, memoir and his own detective work, *Eating Animals* explores the many fictions we use to justify our eating habits-from folklore to pop culture to family traditions and national myth-and how such tales can lull us into a brutal forgetting. Marked by Foer's profound moral ferocity and unvarying generosity, as well as the vibrant style and creativity that made his previous books, *Everything is Illuminated* and *Extremely Loud and Incredibly Close*, widely loved, *Eating Animals* is a celebration and a reckoning, a story about the stories we've told-and the stories we now need to tell.

A provocative argument that eating meat is not what made humans human and that the future is not necessarily carnivorous. Humans are eating more meat than ever. Despite ubiquitous Sweetgreen franchises and the example set by celebrity vegans, demand for meat is projected to grow at twice the rate of demand for plant-based foods over the next thirty years. Between 1960 and 2010, per capita meat consumption in the developing world more than doubled; in China, meat consumption grew ninefold. It has even been claimed that meat made us human—that our disproportionately large human brains evolved because our early human ancestors ate meat. In *The Meat Question*, Josh Berson argues that not only did meat not make us human, but the contemporary increase in demand for meat is driven as much by economic insecurity as by affluence. Considering the full sweep of meat's history, Berson concludes provocatively that the future is not necessarily carnivorous. Berson, an anthropologist and historian, argues that we have the relationship between biology and capitalism backward. We may associate meat-eating with wealth, but in fact, meat-eating is a sign of poverty; cheap meat—hunger killing, easy to prepare, eaten on the go—enables a capitalism defined by inequality. To answer the meat question, says Berson, we need to think about meat-eating in a way that goes beyond Paleo diets and PETA protests to address the deeply entwined economic and political lives of humans and animals past, present, and future.

Originally published: New York: Holt, Rinehart and Winston, 1969.

What does pleasure have to do with morality? What role, if any, should intuition have in the formation of moral theory? If something is 'simulated', can it be immoral? This accessible and wide-ranging textbook explores these questions and many more. Key ideas in the fields of normative ethics, metaethics and applied ethics are explained rigorously and systematically, with a vivid writing style that enlivens the topics with energy and wit. Individual theories are discussed in detail in the first part of the book, before these positions are applied to a wide range of contemporary situations including business ethics, sexual ethics, and the acceptability of eating animals. A wealth of real-life examples, set out with depth and care, illuminate the complexities of different ethical approaches while conveying their modern-day relevance. This concise and highly engaging resource is tailored to the Ethics components of AQA Philosophy and OCR Religious Studies, with a clear and practical layout that includes end-of-chapter summaries, key terms, and common mistakes to avoid. It should also be of practical use for those teaching Philosophy as part of

the International Baccalaureate. Ethics for A-Level is of particular value to students and teachers, but Fisher and Dimmock's precise and scholarly approach will appeal to anyone seeking a rigorous and lively introduction to the challenging subject of ethics. Tailored to the Ethics components of AQA Philosophy and OCR Religious Studies.

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