Why Vegan The Ethics Of Eating And The Need For Change

Ethical Vegetarianism and Veganism-Andrew Linzey 2018-10-25

The protest against meat 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 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 pioneers. It provides 25 chapters which stimulate further thought, exchange, and reflection on the morality of eating meat. A rich array of philosophical, religious, historical, cultural, and practical approaches challenge our assumptions about animals and how we should relate to them. This book provides global perspectives with insights from 11 countries: US, UK, Germany, France, Belgium, Israel, Austria, the Netherlands, Canada, South Africa, and Sweden. Focusing on food consumption practices, it 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 as subjects of exploitation, suggesting that there are substantial moral, economic, and environmental reasons for changing our habits. This timely contribution, 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 interest to those studying and researching in the fields of animal geography and animal-studies, sociology, food studies and consumption, environmental studies, and cultural studies. This book will be of great appeal to animal protectionists, environmentalists, and
Why Vegan?: Eating Ethically—Peter Singer 2020-10-20 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.

Ethical Veganism, Virtue Ethics, and the Great Soul-Carlo Alvaro

2019-03-13 Ethical veganism is the view that raising animals for food is an immoral practice that must be stopped because of the harm it causes to the animals, the environment, and our health. Carlo Alvaro argues the only way to stop that harm is to acquire the virtues that enable us to act justly and benevolently toward animals.

Dialogues on Ethical Vegetarianism-Michael Huemer

2019-03-27 After lives filled with deep suffering, 74 billion animals are slaughtered worldwide every year on factory farms. Is it wrong to buy the products of this industry? In this book, two college students – a meat-eater and an ethical vegetarian – discuss this question in a series of dialogues conducted over four days. The issues they cover include: how intelligence affects the badness of pain, whether consumers are responsible for the practices of an industry, how individual choices affect an industry, whether farm animals are better off living on factory farms than not existing at all, whether meat-eating is natural, whether morality protects those who cannot understand morality, whether morality protects those who are not members of society, whether humans alone possess souls, whether different creatures have different degrees of consciousness, why extreme animal welfare positions "sound
crazy," and the role of empathy in moral judgment. The two students go on to discuss the vegan life, why people who accept the arguments in favor of veganism often fail to change their behavior, and how vegans should interact with non-vegans. A foreword, by Peter Singer, introduces and provides context for the dialogues, and a final annotated bibliography offers a list of sources related to the discussion. It offers abstracts of the most important books and articles related to the ethics of vegetarianism and veganism. Key Features: Thoroughly reviews the common arguments on both sides of the debate. Dialogue format provides the most engaging way of introducing the issues. Written in clear, conversational prose for a popular audience. Offers new insights into the psychology of our dietary choices and our responsibility for influencing others.

Why Veganism Matters-Gary L. Francione 2021-04-13 Most people care about animals, but only a tiny fraction are vegan. The rest often think of veganism as an extreme position. They certainly do not believe that they have a moral obligation to become vegan. Gary L. Francione—the leading and most provocative scholar of animal rights theory and law—demonstrates that veganism is a moral imperative and a matter of justice. He shows that there is a contradiction in thinking that animals matter morally if one is also not vegan, and he explains why this belief should logically lead all who hold it to veganism. Francione dismantles the conventional wisdom that it is acceptable to use and kill animals as long as we do so “humanely.” He argues that if animals matter morally, they must have the right not to be used as property. That means that we cannot eat them, wear them, use them, or otherwise treat them as resources or commodities. Why Veganism Matters presents the case for the personhood of nonhuman animals and for veganism in a clear and accessible way that does not require any philosophical or legal background. This book offers a persuasive and powerful argument for all readers who care about animals.
but are not sure whether they have a moral obligation to be vegan.

Why Vegan-Kath Clemens 1994-06 Kath Clemans explains why a [vegan] diet is central to the notion of a sustainable lifestyle. She includes a guide to eating vegan, a section on nutrition for babies, and recipes. [cooking][health][environment]

The Oxford Handbook of Food Ethics-Anne Barnhill 2018 The handbook is a partial survey of multiple areas of food ethics: conventional agriculture and alternatives to it; animals; consumption ethics; food justice; food workers; food politics and policy; gender, body image, and healthy eating; and, food, culture and identity.

Animal (De)liberation-Jan Deckers 2016-07-28 In this book, Jan Deckers addresses the most crucial question that people must deliberate in relation to how we should treat other animals: whether we should eat animal products. Many people object to the consumption of animal products from the conviction that it inflicts pain, suffering, and death upon animals. This book argues that a convincing ethical theory cannot be based on these important concerns: rather, it must focus on our interest in human health. Tending to this interest demands not only that we extend speciesism—the attribution of special significance to members of our own species merely because they belong to the same species as ourself—towards nonhuman animals, but also that we safeguard the integrity of nature. In this light, projects that aim to engineer the genetic material of animals to reduce their capacities to feel pain and to suffer are morally suspect. The same applies to projects that aim to develop in-vitro flesh, even if the production of such flesh should be welcomed on other grounds. The theory proposed in this book is accompanied by a political goal, the ‘vegan project’, which strives for a qualified ban on the consumption of animal products. Deckers also provides empirical evidence that some support for this goal exists already, and his analysis of the views of others—including those of
slaughterhouse workers—reveals that the vegan project stands firm in spite of public opposition. Many charges have been pressed against vegan diets, including: that they alienate human beings from nature; that they increase human food security concerns; and that they are unsustainable. Deckers argues that these charges are legitimate in some cases, but that, in many situations, vegan diets are actually superior. For those who remain doubtful, the book also contains an appendix that considers whether vegan diets might actually be nutritionally adequate.

A Critique of the Moral Defense of Vegetarianism-Andrew F. Smith 2016-04-29 Drawing on research in plant science, systems ecology, environmental philosophy, and cultural anthropology, Andrew F. Smith shatters the distinction between vegetarianism and omnivorism. The book outlines the implications that these manufactured distinctions have for how we view food and ourselves as eaters.

Raw Veganism-Carlo Alvaro 2020-03-12 Human beings are getting fatter and sicker. As we question what we eat and why we eat it, this book argues that living well involves consuming a raw vegan diet. With eating healthfully and eating ethically being simpler said than done, this book argues that the best solution to health, environmental, and ethical problems concerning animals is raw veganism—the human diet. The human diet is what humans are naturally designed to eat, and that is, a raw vegan diet of fruit, tender leafy greens, and occasionally nuts and seeds. While veganism raises challenging questions over the ethics of consuming animal products, while also considering the environmental impact of the agriculture industry, raw veganism goes a step further and argues that consuming cooked food is also detrimental to our health and the environment. Cooking foods allows us to eat food that is not otherwise fit for human consumption and in an age that promotes eating foods in ‘moderation’ and having ‘balanced’ diets, this raises the question
of why we are eating foods that should only be consumed in moderation at all, as moderation clearly implies they aren’t good for us. In addition, from an environmental perspective, the use of stoves, ovens and microwaves for cooking contributes significantly to energy consumption and cooking in general generates excessive waste of food and resources. Thus, this book maintains that living well and living a noble life, that is, good physical and moral health, requires consuming a raw vegan diet. Exploring the scientific and philosophical aspects of raw veganism, this novel book is essential reading for all interested in promoting ethical, healthful, and sustainable diets.

A Vegan Ethic-Mark Hawthorne 2016-07-29 “If veganism is about doing your best to not harm any sentient life, we must logically extend that circle of compassion to human animals as well,” writes Mark Hawthorne in this practical, engaging guide to veganism and animal rights. Along with proven advice for going and staying vegan, an overview of animal exploitation, and answers to common questions about ethical eating (such as “Isn’t ‘humane meat’ a good option?” and “Don’t plants feel pain?”), A Vegan Ethic draws on the work and experiences of intersectional activists to examine how all forms of oppression - including racism, sexism, ableism, and speciesism - are connected by privilege, control, and economic power. By recognizing how social justice issues overlap, we can develop collaborative strategies for finding solutions. Mark talks about living as a vegan and his book at https://youtu.be/EXqEjUNqsOw Reviewed in VegNews Magazine on Jul 1 2016

How to be an Alien in England-Angela Kiss 2016-02-18 A wry, often affectionate view on the English, and how to navigate our national personality. 'In England everything is typical. If your train is late, it is typical. If there are no seats on the upper deck of a bus, it is typical. If it starts to rain at five o'clock just before you leave work, it is typical.' 'The English do not like to be wished "Have a nice day", because to them it sounds like a command.
They think, Who the hell do you think you are to order me to have a nice day?' Ten years ago, Angela Kiss arrived in the UK without a word of English. All she brought with her was a small bag, a sense of adventure, a desire to work and a copy of George Mikes' classic 1940s' humour book about the peculiarities of the British, How to be an Alien. Through every dodgy flat share, low-paid waitressing job, awkward date and office mishap, Angela held tight to George's wit and wisdom. With his help she began to understand how to live amongst the English - with their eccentricity, spirit and singing train drivers - and fell in love with a land rich in green spaces, pubs and puddings.

Philosophy Comes to Dinner-Andrew Chignell 2015-10-08

Everyone is talking about food. Chefs are celebrities. "Locavore" and "freegan" have earned spots in the dictionary. Popular books and films about food production and consumption are exposing the unintended consequences of the standard American diet. Questions about the principles and values that ought to guide decisions about dinner have become urgent for moral, ecological, and health-related reasons. In Philosophy Comes to Dinner, twelve philosophers—some leading voices, some inspiring new ones—join the conversation, and consider issues ranging from the sustainability of modern agriculture, to consumer complicity in animal exploitation, to the pros and cons of alternative diets.

Through a Vegan Studies Lens-Laura Wright 2019-02-20 "The essays in Doing Vegan Studies are engaged with doing theory differently. This collection showcases established and emerging writers who are doing vegan theory, an international mix of activist scholars, affiliated with the academy and doing work beyond it - a distinction that marks vegan studies as a pedagogy and scholarly venue that is not exclusive and that owes its existence to lived animal rights activism"--Provided by publisher.

Vegan for Life-Jack Norris 2020-05-12 Going vegan? Here's the go-to-guide, with a six-step transition plan to a plant-based diet, with detailed nutritional information for everyone from athletes to
kids to pregnant women. Whether you're considering going vegan or just want to learn more about plant-based nutrition, Vegan for Life is your comprehensive, go-to guide for optimal healthy eating. Registered dietitians and long-time vegans Jack Norris and Virginia Messina debunk some of the most persistent myths about vegan nutrition and provide essential information about getting enough calcium and protein, finding the best supplements, and understanding the "real deal" about soy. Covering everything from a six-step transition plan to meeting protein requirements and even calorie and nutrient needs during pregnancy and breastfeeding, Vegan for Life is the guide for aspiring and veteran vegans alike, complete with an easy-to-use food chart, tasty substitutions, sample menus, and expansive resources.

A Vegetarian Sourcebook-Keith Akers 1993-01-01
Vegan-Erik Marcus 2000-10-01 In this book, you will find the latest information about how what you eat affects your health, the environment, and the existence of the animals who share this planet, along with in-depth discussions of ground-breaking work by these internationally respected experts: Heart specialist, Dean Ornish, M.D.; Nutrition scientist, T. Colin Campbell, Ph.D.; Weight loss expert, Terry Shintani, M.D.; Farm Sanctuary founders, Gene and Lorri Bauston; Vegetarian nutritionist, Suzanne Havala, R.D.; Population analysis, David Pimentel, Ph.D.; Mad Cow disease expert, Stephen Dealler, M.D.; Rangeland activist, Lynn Jacobs.

Critical Perspectives on Veganism-Jodey Castricano 2016-09-13
This book examines the ethics, politics and aesthetics of veganism in contemporary culture and thought. Traditionally a lifestyle located on the margins of western culture, veganism has now been propelled into the mainstream, and as agribusiness grows animal issues are inextricably linked to environmental impact as well as to existing ethical concerns. This collection connects veganism to a range of topics including gender, sexuality, race,
the law and popular culture. It explores how something as basic as one’s food choices continue to impact on the cultural, political, and philosophical discourse of the modern day, and asks whether the normalization of veganism strengthens or detracts from the radical impetus of its politics. With a Foreword by Melanie Joy and Jens Tuidor, this book analyzes the mounting prevalence of veganism as it appears in different cultural shifts and asks how veganism might be rethought and re-practised in the twenty-first century.

The Ethics of What We Eat-Peter Singer 2007-03-06 Examines the practices of the modern food industry, exposing its exploitation, waste, and inhumane treatment of animals, and provides guidelines for making informed and ethical choices in the selection of food products.

The Ethical Carnivore-Louise Gray 2016-09-22 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?

Vegan Freak—Bob Torres 2010 In this second edition of the informative and practical guide, two seasoned vegans help readers learn to love their inner freak. Loaded with tips, advice and stories, this book is the key to helping people thrive as a happy, healthy and sane vegan in a decidedly non-vegan world. Sometimes funny, sometimes irreverent and sometimes serious, this is a guide that's truly not afraid to tell it like it really is.

72 Reasons to Be Vegan—Gene Stone 2021-03-30 Did you know that if you adopt a vegan diet you can enjoy better sex? Save money? Have glowing skin? You can ward off Alzheimer’s, Type 2 diabetes, rheumatoid arthritis, and other metabolic diseases. You can eat delicious burgers. Help save the planet. Join the cool kids, like Gandhi, Tolstoy, Leonardo—and Kyrie Irving, Kat Von D, and Joaquin Phoenix. Oh, and did we mention have better sex? (It’s about blood flow.) Those are just some of the 72 reasons we should all be vegan, as compiled and persuasively argued by Gene Stone and Kathy Freston, two of the leading voices in the ever-growing movement to eat a plant-based diet. While plenty of books tell you how to go vegan, 72 Reasons to Go Vegan is the book that tells you why. And it does so in a way that emphasizes not what you’d be giving up, but what you’d be gaining. The tone is upbeat, passionate, and direct, and the facts are plentiful and annotated. Whether because of environment, health, or compassion for animals, more and more people are dipping their toes into Meatless Mondays, eating vegan before 6:00 p.m., choosing Impossible Burgers, or helping books like Thug Kitchen, Forks Over Knives, and Skinny Bitch become national
bestsellers—making 72 Reasons to Go Vegan the ideal next book for every food-conscious reader and the perfect gift vegans can give to their friends and family.

Little Book of Veganism-Elanor Clarke 2015-09-10 There are plenty of reasons to embrace veganism—for environmental, ethical or health reasons, and many more. This easy-to-digest guide, packed with practical tips on vegan living, from food and drink to clothes and hopping, will inspire you to enjoy all that's best about an ethical and animal-product-free lifestyle.

That's why We Don't Eat Animals- 2009 An introduction to vegetarianism and veganism features an endearing cast of animals shown in both their natural state and in the terrible conditions of the factory farm, describing the negative effects that eating meat has on the environment.

Diet for a Small Planet-Frances Moore Lappé 2010-12-08 The book that started a 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 complete guide for eating well in the twenty-first century. Sharing her personal evolution and how this groundbreaking book changed her own life, world-renowned food expert Frances Moore Lappé offers an all-new, even more fascinating philosophy on changing yourself—and the world—by changing the 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 delicious, protein-rich meals without meat • indispensable kitchen hints—a comprehensive reference guide for planning and preparing meals and snacks • hundreds of wonderful recipes

How to Create a Vegan World-Tobias Leenaert 2017 In this thought-provoking book, Tobias Leenaert leaves well-trodden animal advocacy paths and takes a fresh look at the strategies, objectives, and communication of the vegan and animal rights movement. He argues that, given our present situation, with entire societies dependent on using animals, we need a very
pragmatic approach. How to Create a Vegan World contains many valuable ideas and insights for both budding advocates for animals and seasoned activists, organizational leaders, and even entrepreneurs.
Vegan Ventures-Katrina Fox 2015-09-18 This book is the ultimate guide on how to start and grow a business run on vegan principles. Written by award-winning journalist Katrina Fox, it features insights and advice from over 60 vegan business owners, entrepreneurs, marketing, PR and business growth professionals in the US, Canada, UK and Australia. Among the numerous nuggets of wisdom, you'll learn:How to figure out the purpose of your business and why it's so importantHow your mindset can sabotage your business success and what to do to ensure that doesn't happenHow to get regular, positive media coverage for your products or services, no matter what your PR budget isCommon branding mistakes and how to avoid themSocial media 'Do's' and 'Don'ts'How much you should use the word 'vegan' in your branding or marketing
Kale and Coffee-Kevin Gianni 2015-07-21 Internet celebrity Kevin Gianni was intent on finding the keys to perfect wellness and sharing them with the 10 million viewers of his YouTube show, Renegade Health. So he and his wife bought a 36-foot, bio-fueled RV – dubbed "the Kale Whale" – and spent two and a half years crisscrossing the continent, talking to experts and ordinary folks about what works and what doesn’t when it comes to a healthy life. Gianni drank wheatgrass shots, gave up sugar, said goodbye to coffee, and used himself as a guinea pig to uncover the truths and myths behind every nutrition plan said to guarantee good health. As he cycled through "healthy" diets – vegetarian, vegan, raw foods, and more – he got sicker and sicker. Finally, he hit bottom and had to give up healthy eating to save his life. Kale and Coffee is the often hilarious, picaresque tale of how Gianni went from skinny, raw-food vegan faddist to bloated, out of shape omnivore before finding the middle way to an imperfectly healthy

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and (more) balanced life. The journey takes him from the Peruvian Andes to salt flats in Mexico to a pig farm and butcher shop near his northern California home. Along the way, he has his brain scanned and his pantry tested for toxic metals, does an all-water fast, runs the grueling Tough Mudder endurance race, and obsesses on the secrets of the world’s longest-lived people. With the humor and practical wisdom that have delighted millions, Gianni shows you how to sidestep the health hype, diet fads, and weight-loss promises littering the path to wellness. Drawing on his own experience and the advice of trusted experts, he guides you in finding your own personal plan for optimal nutrition and fitness. Includes the Kale and Coffee 21-Day Jumpstart.

The Demon's Trial-Costa, J. C. (Jordi Casamitjana) 2006 The magic of the Scottish Highlands awakes a world of animal ghosts that put on trial an animal welfare campaigner responding to an urge to write a book.

Why We Should Go Vegan-Magnus Vinding 2014-02-17 We should go vegan! That is the unambiguous conclusion of this short book. This conclusion is reached through a broad examination of the consequences of our not being vegan – both in relation to human health, environmental pollution, the risk of the spread of diseases, and in relation to the animals we farm and kill. On all these levels the conclusion is clear: We have no good reason to not go vegan, while we have many good reasons to stop our practice of raising, killing and eating animals and things from them. The bottom line: We have a strong ethical obligation to go vegan, and that is true even if we only care about ourselves and our fellow human beings. "Magnus Vinding makes a compelling case for ending the abuse of other sentient beings. What will we tell our grandchildren? ("But I liked the taste?")" — David Pearce, founder of BLTC research and co-founder of Humanity+, author of 'The Hedonistic Imperative'. "An excellent concise statement of the arguments for going vegan." — Peter Singer, Professor of Bioethics at Princeton University, author of 'The Life You Can
Should We All Be Vegan?: A Primer for the 21st Century (The Big Idea Series)-Molly Watson 2019-10-15 An insightful look at the arguments for and against universal adoption of a vegan diet and lifestyle. As concern grows over the environmental costs and ethical implications of intensive factory farming, an increasing number of people are embracing diets and lifestyles free from animal products. Should We All Be Vegan? gives a fluid and engaging account of the evolution of veganism. Over the course of four easily digestible chapters, food writer Molly Watson reveals the truth about veganism’s impact on our health, the planet, and the global economy. Chapters like “The Evolution of Veganism” and “Why Go Vegan Today?” examine the development of veganism from the earliest meat-free human diets to the rise in mainstream adoption of a plant-based diet and lifestyle today; “The Challenges of Veganism” surveys the nutritional and societal pitfalls of a vegan lifestyle; and, lastly “A Vegan Planet” envisions possible futures for veganism and their impact on the earth. Watson evaluates every angle of the debate on veganism in this primer, reviewing the evidence for its effects on health and assessing the ethics, environmental impact, and feasibility of adopting a vegan lifestyle worldwide.

The Vegetarian Myth-Lierre Keith 2009 The vegetarian diet is praised for being sustainable and animal-friendly, but after 20 years of being a vegan, Lierre Keith has changed her opinion. Contravening popular opinion, she bravely argues that agriculture is a relentless assault against the planet. In service to annual grains, humans have devastated prairies and forests, driven countless species extinct, altered the climate, and destroyed the topsoil - the basis of growth and life itself. Tender Is the Flesh-Agustina Bazterrica 2020-08-04 Working at the local processing plant, Marcos is in the business of slaughtering humans—though no one calls them that anymore. His wife has left him, his father is sinking into dementia, and
Marcos tries not to think too hard about how he makes a living. After all, it happened so quickly. First, it was reported that an infectious virus has made all animal meat poisonous to humans. Then governments initiated the “Transition.” Now, eating human meat—“special meat”—is legal. Marcos tries to stick to numbers, consignments, processing. Then one day he’s given a gift: a live specimen of the finest quality. Though he’s aware that any form of personal contact is forbidden on pain of death, little by little he starts to treat her like a human being. And soon, he becomes tortured by what has been lost—and what might still be saved.

No Happy Cows—John Robbins 2012-04-01 The journalist and author of The Food Revolution offers a collection of essays on food politics, sustainability, and revolution. With words like food additives, GMOs, and Big Food buzzing around, it’s getting harder to choose what to eat. Even the most well-informed eaters could learn a thing or two about real food and the food system. Gathering and updating articles from his Huffington Post column, celebrated food politics journalist John Robbins presents his most recent observations along with never before published material. With commentaries on what we should and shouldn’t eat, Robbins brings us to the frontlines of today’s food revolution. From his undercover investigations of feedlots and slaughterhouses, to the slave trade behind chocolate and coffee, he gives readers a look into the importance of working for a more compassionate and environmentally responsible world. In No Happy Cows, you’ll learn about: • Greed and salmonella • Soy and Alzheimer’s • Vitaminwater deception • And much more!

Our Symphony with Animals—Aysha Akhtar 2019-05-07 A leader in the fields of animal ethics and neurology, Dr. Aysha Akhtar examines the rich human-animal connection and how interspecies empathy enriches our well-being. Deftly combining medicine, social history and personal experience, Our Symphony with Animals is the first book by a physician to show that humans and animals have a shared destiny—our well-being is deeply entwined.
Dr. Akhtar reveals how empathy for animals is the next step in our species’ moral evolution and a vital component of human health. When we include animals in our circle of empathy, we not only liberate animals, we also liberate ourselves. Drawing on the accounts of a varied cast of characters—a former mobster, a pediatrician, an industrial chicken farmer, a serial killer, and a deer hunter—to reveal what happens when we both break and forge bonds with animals. Interwoven is Dr. Akhtar’s own story, an immigrant who was bullied in school and abused by her uncle. Feeling abandoned by humanity, it was only when she met Sylvester, a dog who had also been abused, that she find the strength to sound the alarm for them both. Humans are neurologically designed to empathize with animals. Violence against animals goes against our nature. In equal measure, the love we give to animals biologically reverberates back to us. Our Symphony with Animals is the definitive account for why our relationships with animals matter.

Veganism, Sex and Politics-C. Lou Hamilton 2019-11-01 Veganism is so much more than what we eat. It’s about striving to live an ethical life in a profoundly unethical world. Is being vegan difficult or is it now easier than ever? What does veganism have to do with wider struggles for social justice - feminism, LGBTQ+ politics, anti-racism, environmentalism?

Beating Hearts-Sherry F. Colb 2016-03-08 How can someone who condemns hunting, animal farming, and animal experimentation also favor legal abortion, which is the deliberate destruction of a human fetus? The authors of Beating Hearts aim to reconcile this apparent conflict and examine the surprisingly similar strategic and tactical questions faced by activists in the pro-life and animal rights movements. Beating Hearts maintains that sentience, or the ability to have subjective experiences, grounds a being's entitlement to moral concern. The authors argue that nearly all human exploitation of animals is unjustified. Early abortions do not contradict the sentience principle because they precede fetal
sentience, and Beating Hearts explains why the mere potential for sentience does not create moral entitlements. Late abortions do raise serious moral questions, but forcing a woman to carry a child to term is problematic as a form of gender-based exploitation. These ethical explorations lead to a wider discussion of the strategies deployed by the pro-life and animal rights movements. Should legal reforms precede or follow attitudinal changes? Do gory images win over or alienate supporters? Is violence ever principled? By probing the connections between debates about abortion and animal rights, Beating Hearts uses each highly contested set of questions to shed light on the other.

The Face on Your Plate: The Truth About Food-Jeffrey Moussaieff Masson 2010-04-26 “It’s a challenge to create transformative moments with books, but [Masson] does it.”—Susan Salter Reynolds, Los Angeles Times In this revelatory work, Jeffrey Moussaieff Masson shows how food affects our moral selves, our health, and our planet. Masson investigates how denial keeps us from recognizing the animal at the end of our fork and urges readers to consciously make decisions about food.

The Ethics of Diet-Howard Williams 2018-04-06 Reproduction of the original: The Ethics of Diet by Howard Williams

On Eating Meat-Matthew Evans 2019-07-01 '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.

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