



What Podcast Listeners are Saying

“I’m a changed woman because of you. Thank you for your excellent podcast. Your enthusiasm and passion for this subject has brought yet another listener towards becoming a vegetarian.”

“I’ll get right to the point: THANK YOU FOR CHANGING MY LIFE. I’ve only been listening to your podcasts for about 3 weeks, but since then I’ve gone from “wanting to be vegan but too scared to confront my dad” to “proud, confident vegan prepared to supply anyone information about veganism, nutrition, and animal cruelty.”

“This is my first vegan Thanksgiving thanks to your podcast. I recently saw you at the Boston Vegetarian Food Festival. I hope someday you get your own TV show. You’re very funny. The podcast is intelligent, thoughtful and moving. It changed my life. Thanks so much.”

“I’ve been a vegan for about 14 years now and have to say that your podcasts, pound for pound, are probably the most well constructed and compelling forms of vegan outreach I’ve ever come across.”

“Colleen, I wanted to pass on my sincere gratitude for the work you are doing. I stumbled across your podcast over a year ago. At the time I was a meat eater but followed a fairly healthy lifestyle. I’ve always struggled with having high cholesterol, inherited by both parents (thanks, mom and dad) and I was always looking for ways to reduce it. Through listening to your insightful, informative and very inspiring podcast I’ve not only gained new knowledge of eating but I’ve also learned to have greater compassion for the animals. Thanks again for all your hard work and sharing your knowledge.”

“Thank you for the wonderful work that you do. Listening to your podcast boosts my spirit and reaffirms that I am (we are!) doing the right thing for the animals. You are truly an inspirational person. Thank you very much!”

“If all vegan activists had the tact, diplomacy, knowledge, eloquence and joie de vivre you possess, we would have already won the battle.”

“Thank you so much for your wonderful podcast! I’ve loved all the episodes I’ve heard, but I’ve been especially inspired by your thoughts on “speaking your truth.” I’ve often struggled to find a way to shift the dominant paradigm for non-vegetarians, and you have given me some of the best talking points I’ve found in the 10 years since I stopped eating animals. I’m very grateful for that!”

“Listening to your podcast has done so much for me. I feel stronger about my beliefs as a vegan, I have deeper insights into vegan issues, I am healthier in mind, body and spirit, and I am proud and confident about my decisions. You’ve also inspired me to focus more of my life on promoting veganism and awareness about animal issues. I am simply a better person because of your efforts, and I thank you.”

“Thank you so much for your website and your podcasts. My boyfriend and I finally woke up and decided to become vegan because of the encouragement of these podcasts. It has been a little

challenging, but it's worth it, once you know about the way animals are treated and about all the different facts that you talk about. We just can't pretend we don't know anymore."

"Let me thank you from the bottom of my heart for your show. Every time I hear one of your podcasts I feel like I've stumbled upon such a great treasure and I'm always left feeling so grateful and inspired. Thanks for your wonderful show and for being an inspiration for compassionate and kind living for us all."

"I have to tell you how much I love your website, your podcasts, and your newsletter. Finding your site and all the great info you have about living once our eyes are opened to this stuff has been a Godsend. Thank you so much!"

"I want to thank you for the amazing work that you do. I look forward to the podcast every week and I always find it validating, encouraging, and centering."

Yours is the first podcast that I've felt compelled to support. You simply "ooze" compassion in how you approach the myriad of topics you cover. Your wealth of information is outstanding. I've downloaded past podcasts and am burning through the battery on my Ipod shuffle. You are an incredible source of support and of confirmation of the importance of being vegan. I truly appreciate everything you are doing and value your efforts to make the world a less violent and cruel place.

"I am a student from Lithuania, and I'm so happy I have discovered your podcasts. After listening to them, I made a very important decision to be vegetarian, and I do my best to be vegan. You've totally opened my eyes. Thank you for your wonderful podcasts and all the great things that you do. I believe you're one of those persons who can change the world. You're changing mine."

"I wanted to say dammit! and also say thank you. I wanted to complain because I was happy being vegetarian but still eating eggs and dairy. Well, thanks to your podcast I had to re-evaluate eating both. I do feel so much better now and just wanted to thank you for your podcast. My entire world has been changed."

"Just wanted to write and let you know how much I enjoy your podcasts. They never fail to touch me on a deeply emotional level, while at the same time give me a sense of peace and hope. I'm 48 years old, mother of 4 grown children and a grandmother as well. I want to thank you for your sincere and compassionate podcasts. I'm so glad you took the time, energy and resources to begin Compassionate Cooks. Thank you for all you do."

"Your podcast lifts me up and makes me feel like I am making a difference by being vegan. I appreciate your voice and it gives me the courage to continue on this path of compassion."

"The truth as corny as it sounds, Colleen, is that your consciousness-raising podcast has changed my life. I'm completely vegan and eating healthier than I ever have. I feel so clear about the impact of my food choices on the life of innocent animals who have as much of a right to live their life to its fullest potential as I do. So again, "thank you" doesn't seem enough for all that you do. I can't think of a more powerful or meaningful message than the truth, love, and hope you share in your daily work. My eyes are open and I am so truly grateful for you and the work that you do. Words just can't express enough."

"I had been an ovo-lacto vegetarian for over 3 years until I came across your podcast a few weeks ago. It has blown my mind to say the least. I so believe in what you are doing. It has inspired me to become a full on joyful vegan, and I want only to spread the word."

I would just like to say thank you to your amazing work. I stopped eating meat several years ago (though, to be honest, on and off due to peer pressure etc.). I felt something was wrong with a meat-eating habit, but I didn't know what. Nor was I able to explain it to other people. After I found your podcast, however, I've finally become an informed vegetarian, and I really feel confident about my choice. So thank you very much!

“I made my husband listen to one of your podcasts, I told him to listen for 5 minutes and if he wanted to turn it off after that he could, but he listened to the whole thing and told me that it totally inspired him! He’s now vegetarian, working to become vegan!”

“I want to sincerely thank you for changing my life. About five days before Thanksgiving I listened to all of your podcasts on a long car ride. I arrived at my destination a Vegan. When I decided to listen, based on my sister's recommendation, I thought there was a chance I might try vegetarian, but I did not expect what I heard. I've been happily Vegan since that day and thanks to your honest, non-judgmental information, was able to easily explain my decision to family members as well as bring some vegan food to be shared. Your approach of providing clear, true information about the way things are while making an easy connection with the caring, loving person in all of us is so welcome and so effective. I hope I can maintain the same perspective as I go through my life. I feel like a gentler, happier, kinder person; I laugh more, I feel great every day. It doesn't matter how totally corny this sounds, although I acknowledge that it does. The connection between eating animals and the absence of world peace seems pretty obvious. If every individual could feel this at peace, the world would definitely be a very different place. I wish there was a bigger way to say thank you.”

“Thank you for such a wonderful podcast. You approach veganism in an eloquent intelligent manner and have given me lots of issues to contemplate. I was an lacto-ovo vegetarian for 26 years, only recently making the switch to a pure vegan die. Had I listened to your pod-casts sooner I would have made the change much, much earlier.”

I wanted to thank you for the episode you made of teen vegans. I'm 17 years old and until about 1 1/2 months ago I had always ate meat and dairy products with no problem because I was told it was healthy and there was no other alternative. But I soon began to find meat hard to enjoy for no particular reason. I had always been curious about veganism and started to research it and in doing so I found your podcast so I started listening just out of curiosity. Now I find myself with an overwhelming compassion for veganism and animal rights, thanks to you. You inspire me to no end.

“I just wanted to begin this Thanksgiving week by letting you know how much I appreciate your website and podcasts. I'm 36 yrs. old and this will be my first turkey-free Thanksgiving. I'm really thankful that I have your podcasts to listen to... I don't yet have a support system of like-minded friends to spend the season with but that's where you come in. I can hear your voice and know that I'm not 'alone' and that it does matter whether or not I act in accordance with my beliefs.”

“I can't believe I'm vegan, but at the same time I can't believe I wasn't before. This podcast is so informative and helpful without being pretentious. I listened to a bunch of them in a row and have been meat- and dairy-free ever since. I feel wonderful, and dealing with family and friends has not been as hard as I would have thought thanks to tips from Colleen! Thanks for all of the information!”

“Your podcast is the one podcast that my wife and I love listening to while driving in the car together, not to mention one of my favorite podcasts altogether! Even though we have been vegans for about two years, you have made us informed vegans. Your knowledge, expertise, and passion have given us the support that we really don't have from our friends. Thank you so much.”

“Thank you so much for your Podcast! It's truly amazing, and life-changing. I'm 13 years old and have been veggie for 5 months now, and it had been getting really hard. (If my parents would let me, I would be vegan by now.) The Podcast helped support me and my decision, since nobody in my family really does. (I'm so hooked that I listened to all the episodes in a day.) Thank you for all the information and support your Podcast has provided! Really, you can't begin to imagine what it can do for people!”

“I have recently discovered your podcast, and I love it. It is by far the best of its kind. You are so articulate and thoughtful. Beyond the information you convey, the way in which you convey it, in my opinion, is a major step toward shattering stereotypes about vegans. Please keep up the excellent work. I have been thinking more and more seriously about going entirely vegan. Having listened to every one of your podcasts available on iTunes, I feel I am finally ready to do it. I had never fully considered how my consumption of cheese and eggs was contributing to cruelty in much the same way a meat eater's habits contribute to cruelty, but as you say, if we are going to purchase and consume such products, we have a responsibility to know the origins of those products. Thank you again for your wonderful work.”

"Truthful, non-preachy, and inspiring - this has truly become my favorite podcast on iTunes. After teetering on the edge of vegetarianism, I finally "converted" thanks to the honest knowledge from Colleen. Though my boyfriend had no interest in giving up meat (but supports my decision), this podcast has actually got him thinking about it. Wow! :)"

“After receiving an iPod for Christmas, I started listening to your podcast, and I've been madly downloading all of your previous episodes, trying to catch up. I LOVE it. All of your episodes are so relevant, interesting, helpful, insightful and funny. Anyways....thank you for your wisdom and for giving your time. It's much appreciated!”

“I wanted to let you know how much I enjoyed your recent podcast. The topic couldn't have come at a better time for me! You made me realize how important “speaking your truth” is, and how it can empower other people as well as yourself. Your words have given me the courage to stand up for my beliefs, and to honor my own truth. I wanted to tell you that you have been a real inspiration to me since I've started receiving your newsletter and listening to your podcasts. You are articulate and passionate, and I feel empowered every time I read your essays or hear your words. Thank you for all the work that you have done, both for animals and for the people who love them. Thanks for sharing your wisdom and energy!”

“Your podcast is wonderful, inspiring, and educational and I can't wait for the next one. Thank you so much for providing such a great resource.”

“I recently got an iPod and I've been listening to your "Food for Thought" podcasts. It is so refreshing to hear a voice of compassion and reason about an issue that is so very important and gets so little play in the mainstream media. I stopped eating meat a long time ago but have recently transitioned to a vegan lifestyle. I really appreciate your firm and caring stance for the animals. The welfare of animals has always been my main reason for being a vegetarian and it's nice to hear this perspective expressed with intelligence and humor. I feel supported by your work, and your podcasts have genuinely inspired me.”

“I want to tell you how inspiring and important your podcast has become to me and my partner over the past month or so. I must say that your podcast is so great. Your easy conversational style is engaging and thought-provoking. When we first became vegetarians I told people it was for my health. Since becoming acquainted with your show, I've changed that stance to what was my truth all along. That is that animals aren't here for us to consume. We don't have to eat their flesh and keep

them perpetually pregnant to survive. We don't have to and we shouldn't. That's what I tell people now and you are responsible for that.”

"I just wanted to say that your podcast completely changed my life. I can't believe how ignorant I was of so many of these issues."

“I’ve been so inspired by Colleen’s podcast. I’ve been considering being a vegetarian and Colleen has now inspired me to do it. She puts it in such basic terms and is so courageous— I’m now her biggest fan. Colleen, you rock!”

"I'm a junior in high school and became a vegetarian 1-1/2 years ago. I thought I was doing well by not eating any meat, chicken, etc., but after listening to Colleen's amazing podcasts, my entire viewpoint and outlook on eating and on life changed. I am now a full vegan, and love it beyond belief. I have a huge sense of worth, and hope to help all animals now and in the future. I have always been a very healthy eater, but never fully realized what gratification being a vegan provides."

“I am a medical doctor in India, and I feel so grateful to have had the opportunity to hear your podcasts. I really love the way you have put your thoughts across in these short talks and I have listened to some several times just because I enjoy them and cry in them and am just happy to know that there are others who feel the same way.”

“You have a wonderful ability to spread the message, to inspire change rather than force it ... thank you for being out there and doing the work that you do.”

“Thank you for your fantastic podcast! I was at the point where I had stopped eating all animal products, except occasional eggs and fish. I recently listened to your podcast concerning eggs and was appalled. Eggs are now out. Thank you again for making such an important contribution.”

"Thank you, Colleen, for informing us all! I have been a vegetarian for 6 months and am starting to make the switch to being vegan. You have answered many of my questions on nutrition, and I am eternally a smarter and better eater because of you! Keep up the good work!"

“I have been working on compassionate living issues for more than 30 years now. There are times, as you know, when it can get discouraging and challenging. I recently started listening to your podcast show and it is the very thing I needed to feel supported and encouraged to continue to do the work that I do. I love every show of yours that I have listened to. You have wisdom, humor, clarity and directness....such a perfect mix. I have to canoe across the Rio Grande River and then drive to the nearest town to get to the library which is the only place I can have access to high speed internet in our area and is the only place I can download your shows.....and it is so worth it!”

“I listened to your podcast for the first time today, and I was blown away!!! It was fantastic!!! Your topics are timeless for all vegans/vegetarians and helpful to newbies in the process of transition. Your voice is engaging and perfect for podcasting. I LOVE IT!!!! I'm looking forward to listening to more back episodes.”

“Since listening to your podcasts I have become a vegan and I feed my family this food too!! I feel soooooo much better now that I do not eat meat, drink cows milk, or eat eggs. Thank you so much!!
“Thank you so much for your podcasts. We are family of vegetarians, I'm happy to say that my children have never eaten meat and they are 14, 12 and 11. My youngest daughter enjoys your podcasts. She's been teased at school about being a vegetarian and being 'weird.' Your podcasts have empowered her and now she fights back whenever anyone teases her. She now just says that 'animals are her friends and she doesn't eat her friends.' She even did a speech about why she's a

vegetarian in front of her whole class after listening to your podcast about eating animals. Thank you for your podcasts and helping my daughter with her problems at school.”

“I'd like to thank you so much! What you do is amazing! All of your info is so incredibly helpful. Thanks to you, I found the courage to speak my truth. Since doing so, and after showing a few of your articles in Satya to my friends, two of my best buds are now happily vegetarian. Thank you again for what you do. You absolutely change lives.”

"A BIG thank you for your Podcast. I just found it yesterday and I love, love, love it! It's intelligent and educational. I am constantly asked about all of the topics you cover, and your information is very useful. I will be able to explain my veganism with raw detail in the future because of your show."

“I read your blog and listen to your podcast, and they're both fantastic! I really don't know how you have the time to do all you do, but I am so glad that you do it. Your podcast in particular is a great asset to veganism. I really respect anyone who can put themselves out there in front of a camera or microphone like you do. Thank you”

"I listen to many of the vegan podcasts out there, and this is the best one for me. Its simplicity is wonderful - eloquent, powerful, well-formulated debunking of vegan and animal rights myths. I've also read many of the animal rights books out there, and still Colleen has helped me to understand arguments in a new perspective."

“Your podcast is WONDERFUL! I downloaded it in the hopes of getting better food ideas. I wasn't vegetarian, but now – thankfully – I'm on my way!! You are incredibly intelligent and deliver your message confidently and wonderfully!! I LOVE this podcast!”

“You do a very effective job articulating the myriad reasons for compassionate cooking and a veg(etari)an lifestyle, all while maintaining a thoughtful, inclusive, *compassionate* approach. I highly recommend your podcast.”

“I'm 16 years old and an avid listener to your podcast. I listened to one, and I had to download the rest. I have just become a vegetarian a little over a month ago, and before now I have never been able to really stand up for the things I believe in for a long period of time. Becoming vegetarian for me was the best thing I could have ever done, and even though my parents may not agree, I know there is someone else out there who does. I want to say thanks; because of you and your podcast, I am able to make it through the rough times whether it concerns my parents or life in general. You are a huge inspiration and role model for me with all you have done with animal rights and making vegetarianism and veganism well known to the public. Thanks so much.”

“I listened to the podcast on the way home for Christmas and have moved to about a 90% vegan diet. I so look forward to the podcast. It's always well thought out and informative. It's just what I need. Thank you, Colleen!”

“I've been wanting to become a vegan for years. When I found you, I began listening to your podcasts and eventually made the full transition. Thank you so much for what you do. You keep me going! I'm not always perfect, but if I give into an urge, I get right back on my path. Thanks again.”

“Your podcast really is “food for thought.” I absolutely love it. You have literally changed my life, and I'm so grateful. I'm amazed by how much I didn't know about where my food comes from. Now I have the power to make informed decisions about how I nourish my body. Most importantly, I have the courage to stand up for what I believe in and live healthfully while not contributing to the exploitation of animals.”

"This podcast has been so helpful in so many ways. Not only is it educating me, but it is helping me to educate others about being a vegetarian. I cannot count the number of times I have been stereotyped, discriminated against, laughed at, or asked silly questions. Your podcasts not only make me less hostile toward non-vegetarians but also more compassionate toward their beliefs. This podcast is so insightful. Thank you!"

"I L-O-V-E this podcast!!! It is so inspirational, and I have found its content nothing short of motivating. It's my favorite podcast!"

"Thought-provoking, educational, a pleasure to listen to. Your podcast provides information in a simple, entertaining way and really gets me thinking about the issues around the nation's food supply. I'm not a vegan, but after listening to the podcasts, I'm well on my way to becoming one."

"I have subscribed to this podcast for about 4 months now, and it has made me a better person. This insightful information is given in the most thoughtful way, and it is my primary source for a variety of information on a vegan diet and healthy eating in general. Keep up that great work!"

"I have been a vegetarian for almost 4 years now, and this podcast has inspired me to be a *better* vegetarian. Colleen covers a lot of situations and questions I have faced and has reminded me why I became a vegetarian in the first place. Now, I'm excited about it all over again. Thank you."

"Oh my God - thank you soooooo much for making a podcast series on such an important issue. I'm a vegetarian of two years and am twelve years old, and it's so inspiring have a vegetarian role model! Thank you so much for making this world a better place for EVERYONE! I wish there were more people out there like you!"

"I love listening to your podcast - it's amazing!!! It's really shed light on all the major issues as well as informed me about how easy it is to still get the required amounts of nutrition. Listening to you has helped me make the decision to become a vegetarian."

"I love to listen to Colleen. She has a great voice that's easy to listen to. You can tell she does her homework before each podcast - very informative. My only criticism is that I wish she would post more often! Excellent delivery - great research and information!"

"Fantastic! This is a great podcast! So informative and helps inspire me to be a better vegetarian. Thank you so much for informing me about the diet I have chosen."

"A must-listen for everyone! Whether or not you are vegetarian, you must listen to this podcast. It is more than just information about where our food comes from. It is a mind-opening experience. If you consider yourself a compassionate person who tries to uphold good and loving values in your everyday life, listen here and see what you've been side-stepping."

"Empowering and Inspirational! My husband and I listen to your podcast everyday over and over again. We learn so much from you. You inspire us to be better humans and better vegetarians. Tried some other veg podcasts, but they can't compare to yours. We highly respect you for who you are and what you stand for. Can't wait for more!"

"I love this show. Colleen presents herself so clearly, and her podcasts are easy to understand. You can easily tell that she has a lot of passion for being a vegan, but she doesn't come across as elitist. I found her shows to be the right length (time-wise) and very informative. It would be fantastic to see her in the mainstream media!"

“I’m sooo glad I found this podcast. I adore it, and I learned a lot from listening to it. For the past few years I’ve been trying to make the switch to becoming vegetarian, but just even bringing up the term around my home, inspired a lot of those usual questions I was unable to answer. After listening to Colleen, I’ve finally decided to make the full switch to being vegetarian. This podcast is one of the best things that’s happened to me and my iPod.

“I’m so impressed with your podcast – you present all the information in such a positive way. I’m so thrilled I found you.”

“A podcast with content? I’m blown away. It’s great to hear an engaging speaker who tempers activism with understanding AND who knows what she’s talking about. Even if you’re not vegetarian or vegan, you’ll find something here to sink your teeth into. Great job!”

“Thank you for being such a calm, logical, compassionate voice. I share your podcasts with family and friends because you sound like someone they can relate to. Thank you for the great topics you cover and for telling the truth about what’s going on behind the scenes.”

“Your podcast is amazing. I hope you’ll continue doing this great job, because you’re changing the lives of many people; I’m just one of many.”

“Your podcast is great. It is one of reasons I went fully vegan, as opposed to taking in a very incidental amount of dairy and eggs. Please keep up the great work.”

“I am listening to your podcasts and I find you truly awesome! You have addressed every issue I could imagine. Thank you so much for doing what you do!”

“I just wanted to say thank you for the fantastic podcast. It’s so informational. Please keep up the good work!”

“I really enjoy your show. I am just starting out with veganism and your show and others are giving me a lot of inspiration, strength and ideas. I am also spreading the word. Please keep up the good work.”

“I’ve been subscribing to the podcast for a few months now, and I always find them informative and thought provoking. It is hard to undo years of cultural perceptions but great that people are being made to think about it. Thanks for your hard work.”

“Your podcasts are interesting, informative and inspiring. They always make me feel uplifted and affirmed, and I appreciate that support so much.”

“I so appreciate the clarity with which you spoke on the podcast "Taking It All In." Thank you so much for demonstrating how to speak one's truth humbly but without apology. Thank you for devoting your life energy to this deeply needed work.”

“Thank you for such a great podcast! You bring such compassion and heart to even dry subjects like nutrition. I thoroughly enjoy listening to you.”

“I recently discovered your podcast and wonderful show and am truly enjoying catching up on past episodes. You’ve given me the inspiration to finally go vegan after 20 years of vegetarianism....Your well thought out and reasoned literate approach to your subjects is truly engaging. Keep up the much appreciated work.”

"I just wanted to say thanks! I have been a vegetarian for years, but have never "had a problem" with dairy and eggs. I listened to several of your podcasts and have realized that I needed to take the next step and become a vegan, which I have successfully done. I feel great, and I am now working on my children."

"I absolutely love your podcast & feel you've benefited thousands of people. You'd be best described as a soldier on the forefront leading the troops to victory!! Please keep doing what you're doing and maybe in a year or two the entire world will be meat free!!"

"Along with my husband, I am writing to thank you. I have waited a lifetime to hear what you have to say, and I couldn't have stumbled on your website and podcasts at a better time in my life. We are a vegan family of four, raising our two young boys in this very happy and empowering lifestyle ... and enjoying all of the scorn and ridicule that goes along with it...But, until you educated ME, there were so many things I didn't know. Or, I might have known of them, but they were presented so much more ominously that I avoided that knowledge to protect myself. I credit you for the knowledge, but more critically important, your articulation and kindhearted delivery of this information is amazing to me. You're doing it right. You are considerate in how you present the bad news, but you still present it. And in turn, your audience doesn't feel swallowed up by it, or hopeless. I stand behind what you do, as you have been the bridge that has taken me from passively knowing better and acting for the animals on an individual level, to evolving my thinking and giving me a giant, forceful, necessary push in the direction of helping the animals in more substantial ways."

"My husband and I both enjoy listening to and learning from your podcasts. You are making a huge difference in people's lives. I've been able to pass along to a lot of people a lot of good information that I got from you. I also just wanted to share with you that I've decided in addition to eating veg, I'll be volunteering at the local animal rescue shelter to serve animals even more. I'm inspired by your suggestion to "do what you can, whatever your talent is." Thanks, Colleen!!"

"Your podcast has been such a valuable resource for me. I listen to it while I am on the subway on my way to work, and often times end up near tears due to the incredibly touching stories you share and also because there are times when I can tell by the tone of your voice just how passionate you are about what you're saying and doing. I'm so thankful that you do these podcasts and have helped so many people going through the various stages of this process."

"Best of all, I have seen your podcast act as a catalyst of truth for the awakening of some of the people I hold closest to my heart: my sister, once an ovo-lacto vegetarian and now a vegan, and my best friend, once an unapologetic, in-your-face omnivore, now a vegan. Both of these transitions were solidified simply through my suggestion of your podcast to them, and to some degree it means your podcast has facilitated the building of my support in both the most immense joy and terrible sorrow I'm sure you know come from a vegan lifestyle. So thank you. Thank you very much."

"I heard your talk at the conference this weekend, and I found it very inspiring. As of Sunday, I am now a vegan! Your comments about dealing with other people and their questions about veganism were very helpful to me. I will be helpful and patient since, as you said, I might be the only vegan they ever get to talk to. Thank you for everything."

"Thank you for setting me on the road to veganism. I have not eaten animal flesh in 8 years, but was having trouble giving up eggs and dairy products. Then I went to "Meet your Meat" at your suggestion. End of story, veganism here I come. I want to thank you for the incredible wealth of information and inspiration provided by your podcasts. I wanted to say that in particular, your podcast about "intention" with respect to speaking to others about veganism was most helpful. It

feels good to just speak my truth and not have to be the "right" one. Again, thank you for inspiring, I shall do the same with much of the information gleaned from your podcasts :-)"

"I want to thank you very much for your podcast. I am currently weaning myself onto a vegetarian diet for a variety of reasons. I find your show to be very inspiring. Your enthusiasm, articulate speech and vocal variety are also excellent. I am really impressed with your show and have told several people about it. Thanks."

"I am a new vegan, thanks to you. I've dabbled for decades in vegetarianism and when I discovered your podcast it just all clicked loud and clear. I can't believe that I was not willing to look at the plight of animals and my ethics so squarely until now. Your words and your spirit are so powerful. You are a very gifted speaker and writer...You've made me proud and joyful to be vegan."

"I am a veterinarian and just last night I listened to the episode about what to feed your cats and dogs, and about your cat's fibrosarcoma. I really respect what you had to say and completely agree. I appreciate your educated opinion, because there is a-lot of misleading information out there today. Listening to your podcasts really helps with encouragement, knowledge, cooking ideas, and nutrition. My wife has even begun to take meat out of her diet. This podcast rocks."

"Let me just start off by saying - YOU ROCK! Thank you for your advice on the podcast. It was like you already knew all the other questions swimming around in my head. It's nice to know we are not alone in this battle. It's really great to have that ammo and to be able to show people the truth. It's nice to know I'm not "crazy". I've always been the "weird" one. But I have ALWAYS been proud to be!!!! I will keep listening to all your shows. I tell everyone about them. Thank you so much. You have no idea how much you have inspired me. Really helped the flame..."

"I just wanted to drop a note to thank you for the wonderful podcasts. I had been vegetarian for nearly 20 years and two months after subscribing to your podcast I went vegan (much to the chagrin of family members, I might add) and have never looked back. It's the best move I've ever made. I've lost about 20 pounds while eating all I want. I look and feel better than ever and my state of mind is much improved. I feel like I owe it all to you!"

"I was so thrilled to find your podcast. It is so beautifully done. I didn't come across it until after I became vegan this past December. I'm proud to say my husband went vegan very soon after I did. We are now both sincerely and extremely "joyful vegans". We love and enjoy your podcasts, which are non-threatening but very inspiring and persuasive. Our friends sometimes express interest in your lifestyle, and maybe one day will follow in our footsteps. Until then, I'm just trying to reach them in the spirit of your podcast, with truth and compassion. I am a huge fan and I can't tell you how much I admire what you do. Please, keep going!!!"

"I really love your podcasts, Colleen. They are so inspirational! I survived a trip to France, and I have to thank you for that. It wasn't easy. France is so meat/dairy centric, but when I was feeling discouraged, I would listen to your podcasts & then I was ok again. I really look forward to every one of your podcasts."

"When I first discovered your podcast, I was a meat-eater. In the beginning, I started listening to you with an interest in eating better, more vegetables. Then it turned into a curiosity in other lifestyles. Now I cannot find any justification for what we are doing to these incredible creatures. I knew the more I listened to your podcast, the more dedicated and compassionate I would become towards animals. I tried desperately to hold on to old food values throughout my initial journey but your voice would not allow me to do so. I knew the more I listened to you the more

dedicated and involved I would feel. Initially I tried to listen just a little bit, like a forbidden fruit, knowing that the more I listened to them, the more work I was creating for myself. What I mean by this is that I would have to rethink my whole way of life. Reinventing my whole menu was not going to be easy and I was trying to ignore it but sure enough I was drawn to your voice and it has had an incredible impact. Things are going slowly but definitely moving in a positive direction. Thank you, Colleen!”

“When I listen to your podcasts, I can feel/hear your compassion. It hasn’t gone unnoticed! Thank you from the animals and me...”

“I have to say that I have recently subscribed to your podcast on iTunes and cannot get enough of it. Here it is, 3 a.m., and I am still wanting to stay up and keep listening. I searched out information on the vegetarian lifestyle because my 15 year old daughter has expressed her choice to be vegetarian. I at first was skeptical and a little hesitant because I wasn't sure how to feed her if she wasn't eating meat and I also wasn't sure if this was a passing phase or not. And that is why I need to THANK YOU. In my quest to seek out information to help with my daughter's choice, I have come to the realization that I need to make the change also. You have really great information, and it has been a blessing.”

“I discovered your podcast a few days ago and I've been listening to virtually nothing else. You're very intelligent and I love your perspectives. They give me new ways to think about vegetarianism that help me further justify to myself why I became vegan.”

“Thank you for doing this podcast. It's awesome. Each episode has been SO informative. All of the information that you've given about the treatment of animals has been especially useful. I've been a vegetarian for about 2 and a half years, but recently I've been slowly transitioning towards veganism. I never had any conscious plan of becoming vegan, but that seems to be the direction I'm headed.”

“Colleen, my husband and I just came back from a trip to San Francisco this past week. We are from the Los Angeles area, so we always drive to the Bay area. It's always a long boring ride. Except this time, we are subscribers to your podcast. So I have been downloading and NOT listening to your podcasts since Dec.2007 on purpose. We saved them so we could listen to them on our drive up to San Francisco and back to Los Angeles; it was so hard not listening to each new entry right away. But it was worth it. Our 6 hour ride felt like a 1 hour ride. We had a great time listening to you and learning from you. Thank you so much for teaching us so much about being vegan. We both look up to you and highly respect you.”

“I wanted to let you know that you have directly inspired me to become vegan and have inspired my Mom to become a vegetarian! I have been a vegetarian for five years, but after listening to your podcasts I can not go back to eating eggs or dairy. Also, my Mom just became a vegetarian after watching the farm sanctuary segment on your vegetarian cooking DVD. I can't thank you enough for changing our lives!”

“I have just started listening to your podcast as I take my (new) daily walk. It is awesome! Thanks to you I am now trying to go vegan: you have talked me out of eating eggs since I listened to your podcast on eggs. Keep up with the podcast! Love it!”

“I would like to thank you for such a great podcast. I gave up red meat about a year ago and felt (falsely) better about myself for trying to change a bit of the world. After listening to just a few of your podcasts (and doing lots of crying), I have realized that I'm just like everyone else and I haven't actually changed a lot...by still eating poultry I'm just responsible for many chickens being killed. It has forced me to take a look at my beliefs and to question why I do what I do, so, again, thank you!”

“Thank you for all the incredible work you do for the animals and for your wonderful podcasts. I listen to every one and I am always informed and entertained, and it just feels good to hear you saying so many things about non-human animals' present plight that I completely agree with. That is rare for us vegans.”

“I don't know how to thank you for everything you've done for me and other vegans across the country. Your podcasts are utterly inspiring, to say the least. After listening to an episode, I always feel refreshed and ready to take on the world! Your words of wisdom and reassurance empower me to do all that I can to further the awareness of compassionate living. Thank you for giving me the inspiration and information to spread veganism everywhere I can!”

“Thank you so much for your writings, your podcast, your website, and your organization. I have been listening to your podcasts now for about 8 or 9 months and I am happy to say that I have been vegan for 4 of those months, due in no small part to information that you have provided through your podcast and website. Becoming vegan has changed my life, and as you often say in the podcast, when your actions follow your beliefs something wonderful happens. I can't tell you how true this has been for me; my eyes and heart are open to so much more beauty and peace in the world thanks, in part, to the peaceful food choices I am making. So thank you, thank you, thank you, thank you.”

“I, like so many others, am so truly grateful for your podcasts. I "found" you a few months again after having avoided the iPod world for so long. Then, one of my clients gifted me with an iPod, and the very best part of joining the iPod culture was your podcast. Thank you, sincerely and deeply. Your podcasts speak to me, and I am so very grateful not only for the knowledge you provide, but for the kinship.”

“Colleen, my 19-year-old college sophomore daughter decided to become a vegetarian about a year ago, then started listening to your show and became vegan. She encouraged me to listen to you, as I had been a vegetarian for over 10 years, but about two years ago had started eating meat per order from my doctor because I had become very anemic. After listening to a few of your shows I stopped eating meat. Not only have I learned a tremendous amount about healthy eating and getting all the vitamins and minerals one needs through vegetarian eating, but I am now "promoting" vegetarianism to anyone who will listen. Please continue your research and dedication to educate people...the animals who are so innocent and completely dependent on us deserve it. Thank you so much for all you do.”

“I'm Erika from Lithuania. I discovered Compassionate Cooks last fall and I have been vegan since then. I'm very very happy to have discovered you and your wonderful podcasts. Thank you for opening my eyes. I never knew there was so much cruelty in the meat, dairy and other animal related industries...”

“I discovered your podcast and website a couple of months ago, and I must say I find it extremely enlightening and enjoyable. It's really helped bring some issues to the forefront of my mind and I have begun making different and better food choices for my own health and for the sake of animals. I'm finding it quite easy to eliminate the thoughts of eating meat. I expect to continue to progress, so thank you!”

“I am sure everyone begins their email the same way, but it's a great way to start so here I go: Thanks SO much for the great podcast! I've only just recently discovered the whole podcasting universe out there and after subscribing to yours, I am listening to all the episodes one after the other. I have been a vegetarian for over 10 years, but in the past few years it has just turned into a habit, not so much a conscious way of life, if you know what I mean. I hadn't been giving much thought to the whys and

hows behind it all, and your podcasts have been just the right thing to wake me up from my sleepwalking. And of course, that includes dairy and eggs, as you have quite clearly pointed out yourself! Keep up the GREAT work. It's being heard all the way in China! ;)"

"I have eaten (loose) vegetarian off and on for fifteen years. Last year, I stopped eating land animals for good, due to factory-farming practices. I sought out meat from locally raised, grazing animals. But explaining why some meat is okay to me and other is not was fuzzy, grey, and felt hollow. If most meat in this society comes from tortured animals, why eat it at all when there are so many other options? I avoided thinking about the conditions in which animals who produced eggs and dairy lived. But as I listened to your program, I finally went there. I thought about the conditions the animals lived in and that my life was being sustained by their suffering. The biggest things I have gotten from your program are being exposed to the horrors of factory-farm practices and, conversely, bringing plant-based foods to the center of my life and to the meals that I share with family and friends, in a way that is nourishing physically and spiritually. I am happy I encountered you on my path and I am grateful for the work you are doing on behalf of creatures who suffer unbearably and needlessly."

"I just recently became a vegan after listening to all of your podcasts. I'm 27 and just a few months ago received a heart transplant due to heart failure. I was researching different diets to find which would be the best for my health. I thought maybe a vegetarian diet would help me. Not only did I discover it was good for my health, but after listening to your podcasts I was just shocked by how cruel animals are treated and how eating dairy and eggs contributed to the torture of these poor animals. Two weeks now, and I'm dairy- and meat-free. I hope to keep it that way! Now I'm discovering small things in my life that I need to change. I have a leather wallet, leather jacket, and cologne which I will phase out of my life. Please keep up the great work on the podcasts and I will be listening to each and every one of them as they come out."

"I just came across your priceless podcasts. Thank you, thank you, thank you. I am not alone anymore. You have touched on so many areas in my life and feelings. Not only that but you are exceptionally gifted in the art of expression. You have put words to my thoughts, beliefs and concerns."

"Thank you for being such a caring, kind person who does not feel above guiding a fledgling vegan on her path. You truly demonstrate compassion, not only for the non-human animals, but also for the human animals who are trying to find their way. You helped me strengthen my commitment and add layers to it...now when someone asks me, I can tell them that I do it for ethical reasons, environmental reasons, moral reasons, health reasons and so on... Thank you again so much for the work that you do. And I don't know how you do it. Sometimes I cry listening to your podcasts and I can't imagine how you can read them without bawling!!"

"I just LOVE your podcast!! I'm desperate though, I've been a vegetarian for 17 years but until I listened to you, I ate eggs and cheese. I am now trying to become a vegan (more on this when I have more time to write and I WILL, because I HAVE to tell you how great you are and how you saved me from almost eating meat again!!) Thanks so much! I absolutely LOVE LOVE LOVE your podcast!!!"

"I am a 12 almost 13 year-old girl and have been vegetarian for about two years. I discovered your podcast and now I really want to become vegan. It took my parents a long time to adjust to me being vegetarian so I think that just telling them I want to be vegan isn't enough. I put some of your podcasts on to a CD. and I think that that will help me the most, so thank you so much! I really love your podcast!! Thank you so much!"

“Hello! I am so happy to write to you. Ever since I discovered your podcast (only a few days ago) I have been hooked. I especially appreciate your seriousness about food, health, animals and life! You are a wonderful teacher, I take in everything you say and share the information and apply it to my own life. Thank you for all of the useful facts you provide.”

“I have been listening to your podcast for the past few weeks; I love the way you inform us about animal rights, and not only why not to eat animals but also about the nutritional value of leafy greens and other forms of protein, calcium, vitamin B12, omega 3s, and iron. I have been contemplating becoming a vegetarian for quite some time, and your podcast gave me just the push I needed. Thank you for that. I have also learned a lot about poultry cruelty and was completely disgusted, which has now pushed me further in the direction of becoming a vegan. I have no desire to have any cheese, milk or eggs.”

“Your podcasts are so amazing. You and I spend so much time together, and of course, we've never met. Still, I feel that you are my friend. Even though I honestly don't know one other vegan in person, I don't feel alone and you are a large part of that. Thank you for all you do for me and all you do for the creatures we share our world with.”

“I've been a vegetarian for 30 years and a vegan for 5. I have listened to almost all of your podcasts and had to write to tell you that your last one was my favorite. With your last one playing, I could hardly stay on the road because of my 1: tears of sadness 2: tears of joy from your stories and facts about the animal industry. I think of you as our animal spokesperson.....Thank you, for us and for the animals.”

“I just wanted to send a note to say how INSPIRING listening to your podcast has been. My husband and I have both been long time vegetarians and now VEGAN after listening to your podcasts. Thank you so much for the gentle and educational tone of your podcasts. We are not even THINKING of looking back or "cheating" as we have in the past when we were vegan for about 6 months a couple years ago. I am experiencing the "Joyful Vegan" feeling and looking forward to the rest of our lives not contributing to the suffering on a personal level.”

“I'm 14 and have been vegetarian as long as I can remember - even though everyone in my family eats meat and have never put thought into vegetarianism. Finding your podcast seemed to give me a voice and a reason to stay who I really am and always have been. I don't feel so alone now, and I find that there are other people out there like me. You've inspired me to go vegan, and I'm two weeks strong since I first started. Also, I've convinced my 13-year-old sister to take up vegetarianism. Your work has totally changed me. You've inspired me to show my parents why I am the way I am, and it has helped to win them over, if just a little. I am now allowed to drink soy milk, as well as have access to a lot of soy and tofu products that I wasn't allowed before. Thank you for all that you've done, and I hope you keep it up!”

“Once again I am writing to you with heartfelt gratitude. I feel quite confident that if it had not been your voice I heard that day some months ago, I would not have chosen this path. You have such a beautiful talent for inspiring people to make a change. Without sounding redundant, thank you.”

“I want to let you know that I appreciate your dedication to the podcast and your honesty about everything. Listening to your podcast really has opened my eyes AND ears to a NEW UNDERSTANDING that I do believe was there before, but has recently been opened to a whole new level. Now that I have made a change to living a vegan lifestyle, it makes me think twice about ALL animals and their feelings and how it is important to be “the voice” and speak up to “blocked vegetarian” humans about saving them from “animal cruelty”. Thank you for all your compelling words week after week.”

“I just would like to say thank you for your amazing work. I've stopped eating meat several years ago (though, to be honest, on and off due to peer pressure etc.). I felt something was wrong with a meat eating habit, but I didn't know what. Nor was I able to explain it to other people. After I found your podcast, however, I've finally become an informed vegetarian, and I really feel confident about my choice. So thank you very much!”

“After getting hooked (perhaps not the best choice of a metaphor) on the Vegetarian Food for Thought podcasts, I became vegetarian and then quickly moved into veganism, and I absolutely love it! Thank you for all the amazing work you do through your podcast and other mediums.”

“I've been vegetarian for 19 years but thanks to your podcast, I'm making a wonderful transition to a plant-based diet. I tried a vegan diet ~3 years ago but I had no idea, nutritionally, what I was doing (aside from eliminating cheese, etc). But now I've learned so much more about proper nutrition and it's making the switch so easy! Thank you for that.”

“I'm 16 years old and I have been a vegetarian for 5 months, currently transitioning to become a vegan. I absolutely love your podcast; it is the best thing by far on iTunes.”

“I've been listening to your podcast for about four months now, and it has made a huge difference in my life. I was once a meat-eater, and then began researching vegetarianism simply out of curiosity. What I heard shocked and horrified me. I often feel as if I'm all alone. The constant contact with people set on dismissing my beliefs and lifestyle make me feel like a silly, foolish little girl. Having your voice to tune in to makes it so much easier. All I can say, from the bottom of my heart, is thank you.”

“Let me say that I thank you with all my heart for the podcast. I discovered you about 3 months ago, quite ironically, through a gigantically carnivorous co-worker friend of mine. I thank him regularly just to vex him. Thank you so much for the work you do. Our family loves you.”

“I think what you do is very important and want to support you and your efforts. I've been vegan for about eight months now (eight of the best months of my life) and found your podcast only recently. It's nice to have the reaffirmation of why I'm doing this and the knowledge that there are other people out there who are like-minded when I listen to your podcast. Thanks again for all you do!”

“I just found your podcast, and LOVE it! I spent this morning listening to a few episodes that I had "cherry-picked" from the list and am now downloading ALL of the rest of them. I have been a vegetarian for almost seven years, and had never felt compelled to take that last step to veganism - until now. I always believed the myth that cage-free eggs were humane and I never ate that much cheese anyway. Even back when I did eat meat, I never ate veal because I've seen the horrible little crates the calves are forced to live in; little did I know that's where the rennet for all the cheese comes from! Now I just need to play your podcast for my mother. She now eats very little meat and is very supportive but still "thinks" that beef comes from Styrofoam packages in the grocery store!”

“I really want to write you an appropriate letter of thanks and appreciation for all that you have done, and continue to do, to open my eyes. I want to tell you all the ways in which you are helping me to change my life, but it will have to wait because all I can do right now is sob. I will say this: I've been a vegetarian for nearly 14 years, but after reading your newsletters, watching films you've recommended, listening to your podcasts, etc. I have come to realize that there is so much more to being vegetarian than not eating meat. I think when I stopped eating meat all those years ago somehow I took on the belief that I had done my part. Boy was I ever wrong. There is so much more for me to do. Please, keep doing what you do.”

“I wanted to say a big 'thank you' for your podcasts - I have begun listening to them and they are just amazingly enlightening and have been the impetus for my transition from a vegetarian to vegan diet. I cannot 'un-know' these facts you've presented to me in these podcasts and the animal suffering alone is a strong motivation for firm resolve.”

“I've been a listener of your podcast for quite awhile now. I've been vegan for 3+ years and couldn't be happier about that choice. Your podcasts have been very enlightening and helpful in my journey. I recently switched from a semi-junketarian diet to eating more whole fruits/veggies, less starches and sugars and as a result I'm much healthier and happier. Thank you so much for everything!!!”

“Your podcast has helped me tremendously in my transition to vegan. I had been mainly lacto-ovo, with a little fish every few months. Then, due to some health issues and the advice of my acupuncturist, I switched to fully vegan in Feb 2007. I cannot believe the difference in my body, my health, and now in my spirituality. I hadn't enjoyed eating meat before, but thought I "had to" at least consume eggs and dairy as well as fish. I shed 17lbs without even trying in less than 3 months. Your podcasts have helped in every aspect of my new way of living - information on nutrition, responses to non-vegans, and knowledge about the cruelty against animals in the food industry. Even the thought of going back to lacto-ovo disgusts me now. I look forward to your podcasts and they often keep me company on my travel. I was on a plane when I was listening to your slaughterhouse podcasts. It took all my will power to continue listening as I literally fought back the tears. It also helps me and gives me hope that there are other people out there trying to live a cruelty free and healthy lifestyle. PLEASE keep up the podcasts and thank you again.”

“Colleen, thank you. You are doing such a wonderful thing for all animals, human and non-human, particularly this animal, who's typing this note. Your joyful, compassionate approach is just so inspiring. I've been eating vegan for a few weeks now, and it feels amazing. I'm still crying a little, but they are mostly tears of joy. Thank you for sharing with others the concept of the "joyful vegan," and I will do my part to spread the word.”

“You simply "ooze" compassion in how you approach the myriad of topics you cover. Your wealth of information is outstanding. You are an incredible source of support and of confirmation of the importance of being vegan. I truly appreciate everything you are doing and value your efforts to make the world a less violent and cruel place.”

“I was intimidated to write to you because of all the eloquent-sounding letters you read on your podcast. But I'm diving in right now to tell you how wonderful I think you are. I listen to at least one of your podcasts almost every day. (I rue the day when I'll have listened to all your podcasts and have to wait for the newest one to come out.) Through listening to your podcast, I decided to transition to veganism. And now you are my “vegan guru.” Seriously – if someone asks what I'm doing, I say I'm listening to my vegan guru. :) Thanks to people like you, more and more people will choose to eat compassionately.”

“I'm a teen wannabe vegan, and I love your podcast. It has inspired me in ways you can't possibly imagine. You are my idol.”

“You are just so amazing and you have truly inspired me to remember why I gave up meat all those years ago, because I really AM an animal lover and I have dedicated my life to animals. (I'm a veterinarian.) Thank you so much for your dedication and your compassion and your desire to change the world because it really is working, and you are making such a huge difference!! If only everyone could live their lives with such integrity and caring. I really REALLY admire you, and I just can't thank you enough for your podcast, because I found you at a turning point in my life, and you

turned me back in the right direction!!! I could just go on and on about how much I LOVE your podcast, but I'll close this out here and just say once more, a very warm and heartfelt thank you!"

"I've been listening to your show for about a year now and you never cease to amaze me. It's just as comforting and motivating to hear you today as it was the first time. I've been veg for the year and am heading vegan. I don't want to gush but the support I received from your podcasts has been vital to me becoming an agent of change in my little world. Who am I kidding, I do want to gush, you rock and that's all there is to it."

"I have been enjoying your podcasts for compassionate cooks. I became vegan 5 years ago because of health reasons and also because I started to not like the taste of animal products. But it wasn't until I came across your podcasts, that I started to think about the suffering of farm animals and animals in general. Wow, you opened my eyes. I don't know why it took me so long to make the connection, but I'm glad I finally did."

"I just wanted to write and tell you how much your podcast has meant to me the past few months. I can't tell you enough how much it helped me, and was ultimately the reason I decided to become vegan. I devoured all your back episodes. Your compassionate, articulate and passionate information has inspired me in so many ways. I've never felt better, physically or psychologically. I just wanted to thank you again for all the work you're doing. I wouldn't be where I am today without you or the passion you put into your work. So thank you on my behalf as well as the countless animals you've saved through your efforts."

"You perfectly articulate my feelings and passion towards animals in your words. Your podcasts nearly always bring me to tears...especially your burro podcast...you emanate love in your words and again I say that your expression of your truth and purpose completely encapsulates my feelings towards animals. You are an amazing ambassador for animals. You touch my heart with your words...you speak for those who cannot...you are amazing."

"Thank you for your podcast, and for doing what you do to inspiring, educating, and motivating others. I've been listening since early this year, and have been meat-free for the past 2 months. I can't thank you enough."

"It is to your credit that my decision to adopt a vegan lifestyle was made within 5 minutes of listening to the first podcast of yours that I heard (Life After Cheese). I wish to thank you for the change you have inspired in my life. Changing the world can happen one person at a time and I believe that I sow the seeds every time someone asks me why I am living this way. Thank you from the bottom of my heart."

"You are such an inspiration for me, and such a voice for truth. I listen to the podcast within and hour usually of you posting it. Thanks for everything you do. You rock!"

"I've been vegan for almost 10 years and I teach vegan cooking classes in the city where I live. The folks who take my cooking classes often express an interest and ask me about my values and opinions about eating animals. Since listening to your podcast, I've realized that I've tiptoed around their genuine curiosity and have been tentative about speaking from my heart. Thank you for setting me straight. You're concise and articulate, and you are one of the best animal advocates *and* motivational speakers around. Thank you so much, not only do I feel more equipped to speak about veganism, I've also ever felt so happy to be vegan. You are truly gifted at what you do."

"I finally saw the light after coming across the Vegetarian Food For Thought podcast in a crazed state of download mania. So once I listened to a few episodes, I started to question why I pamper my

dogs and treat them like royalty, then turn around and force other animals to suffer for my pleasure. Since I couldn't find any difference between my precious pups and pigs, cows, and chickens I decided to go vegan right then and there. Was a pretty simple decision."

"I am a HUGE fan of yours! Your website and podcasts have enlightened me in innumerable ways and you have inspired me to take further steps toward becoming a vegan. Thank you so much for your excellent work. You are truly an inspiration and a fitting and eloquent voice for the sweet animals."

"Your podcast has made me SO PROUD to be a vegetarian. I've learned so much about life in general from you. And, the best part is I pass along the inspiration every chance I get. Sometimes I get laughed at or judged, but I'm happy to say that friends who once thought my not eating meat was weird are now willing to listen to your podcast and have discussions. I even had one friend last week say she realized I wasn't "converting" her, I was "inspiring" her. Thank you so much."

"This podcast was really one of the main things that made me even consider veganism. I was just looking for a vegetarian podcast months ago, hoping to find something. And I can say that I'm just so glad I found your podcast. Just listening to one podcast episode made me rethink my eating habits and my life. It was an eye-opener, in a great way. I haven't been vegan for very long, but now I can't imagine any other way to live."

"What I find most poignant about Colleen's podcast is the compassion and level-headedness with which she approaches her topic. She isn't trying to convert but to inform and empower all her listeners to make well-informed, healthful food choices and to understand the complex interrelation between the media, the food industry, and the government which serve to confuse and mislead us. Her approach is intellectual rather than propagandist, always supported with fact, and she's just as educational as she is inspiring."

"What you do is priceless. You have been my guiding voice ever since I made my commitment to give up eating all land animals. I'm working on dairy too. I keep your kind, steady voice in my head as I meet my daily challenges regarding choices to be made. Without you and your commitment to the animals, I wouldn't have had the guts to start down the road."

"Compassionate Cooks is definitely my favorite podcast and each time I arrive at the office and see that there is a new one, everyone knows to not speak to me until it is done. =D So thank you for placing those periods of glee in my day and helping to keep me motivated to speak up for the animals every day. Good luck and I look forward to the next one!"

"You inspire me, constantly. Your compassionate approach to everything is the most effective way to get the message out. You have just the right attitude and empathy to make every podcast an awakening. Thanks for keeping me on the right path."

"I turned vegetarian at the age of 25 (I am now 33) due mainly to living with a vegetarian and partly due to moving to a cottage where we yearly watched lambs running around in fields, leaping in happiness one day and disappearing the next. I felt liberated by my decision to stop eating meat. It was only upon listening to your podcasts, and being new to podcasts these were my first introduction, I came a realisation that I was not doing enough. I did not understand the violation of dairy cows (like the meat eaters I try to engage in a dialogue with, I never gave it much thought). It is to your credit that my decision to adopt a vegan lifestyle was made within 5 minutes of listening to the first podcast of yours that I heard (addicted to cheese). I wish to thank you for the change you have inspired in my life. I have two children, one of 2 years and one 6 months. Since making changes

to veganism I have felt healthier, produced better quality milk for my nursing son and have more energy and vitality as I feel more empowered to face the world as a vegan.”

“I happened upon your deliciously frank podcast after deciding this summer to stop eating meat and to start researching how to take control of my eating and living habits. I drove cross country this summer, stopping many times to take pictures of the landscapes and the critters who resided there. I have many pictures of cows in particular. Their lovely, large eyes and their poor sweet ears, tagged and numbered. After many instances of stopping and looking into their eyes, my mind became made up that I would never be able to look at eating animal flesh in the same way again. I came home and after hearing you speak repeatedly of it, I bought and read *“Diet for a New America”*. It has changed my life and I now feel armed not only with compassion and fortitude for the decisions I have made, but also with logical and researched facts. I have developed a love of cooking and a childlike excitement for learning about this whole new outlook on life. I have been happier, more whole and more committed to my yoga practice all because I know I am living a truly peaceful existence. I commend you for being a smart, driven and committed woman. You are a gift to this world!”

“What a week it has been! I wrote to you last week because my ten-year-old daughter was expressing interest in being a vegetarian and has been asking me questions I did not know how to answer. In an attempt to educate myself so that I could help her find her own voice, I started listening to your podcast. I think I have listened to every single one on iTunes, and I have been eating completely vegan for a week now. Neither my beliefs nor my feelings are clear on the issue right now: all I know is that I don't want to put any animals in my mouth! I am most struck by the arbitrariness of the distinction between animals we eat and animals we love. Every time I think of eating meat, I think of my dog. Every time I think of drinking milk, I think of my cat.”

“My partner and I have been vegan for about six months now. We just came across your podcast a week ago and we LOVE it! I've been listening to it at work and then when I come home I play them for my partner and listen to them again!! I can't tell you the sense of empowerment we feel after listening to you. Thank you so much for all the work you do – it's so important because, as you say, the animals don't have a voice but yours reaches so many! I've borrowed one of your quotes by the way which I think is one of the most powerful thing I've heard in years. I say it to anyone who engages in discussion with me about my veganism... "Don't do nothing because you can't do everything... do something... do anything!" -- brilliant!”

“I want to thank you for being such an amazing inspiration to me. Listening to your podcasts reminds me that I am not alone! Thanks again for being such a positive influence.”

“I had just sat down with my dinner, checking mail and whatnot, but when I saw the shout out you gave me on Meetup I was literally stunned, I couldn't eat. Up to that point I hadn't noticed how much change had occurred in my life since this time last year. Guided largely by your example, I've turned what could have been a yoke into the cornerstone of a new life. Maybe someday I can be a flower on someone else's path like you have been on mine.”

“In the past three weeks I have listened to every one of your podcasts and for the last three weeks I have not eaten animals or anything that happens to come out of their bodies. It sounds silly-- a podcast changing someone--but that is exactly what your podcast has done. I never would have thought as myself as someone who could ever "go vegan." I was always the vegetarian who said, "I don't eat meat, but don't worry (insert shocked or annoyed parent or friend), I would never NOT eat dairy or eggs." And now...I don't. You present the information in such a logical manner that, even though just a few hours before listening to the first of many of your podcasts I had stocked my fridge full of eggs, milk and cheese when I returned home, enlightened, I could not touch them. There is a wholeness to me now. That is the best way I can describe it. I feel at peace and energized and

complete. When I was a vegetarian I would state why I didn't eat meat but even as I did I couldn't help but feel a bit hypocritical--I wouldn't eat this and this but THIS--eggs or milk or cheese--was okay? You said it perfectly--my actions are now a direct reflection of my morals and values.”

“It wasn't until after I heard your podcast that I stopped eating eggs and drinking milk. I have been a vegetarian since I was 7 (I turn 17 in a few weeks) and am now transitioning to a vegan (and as organic as possible) diet. I want to say that I initially became a vegetarian for moral reasons, but you have just recently taught me about the health reasons, which are an added bonus. What a great reward for being compassionate... it's healthy too!! I really want to thank you for doing the podcast... don't stop!! You can express your emotions so articulately and poetically-- something that I wish I could do. Listening to your podcast helps put ideas in my head about what to say.”

“I just have to say I love your podcasts. For several years I have been off and on vegetarian, always in conflict when I'm in my omnivore stage. Being able to remain veg. has always been hard so I slip back into eating meat. Invariably I become lethargic, feel fat and gross and regret ever slipping back to my old ways. I do not want to go through this cycle again. My husband supports me, but still eats meat. I feel blessed that he backs me 100%, but it is nice to hear your podcast and feel as if I know what other vegetarians go through. I hope that in subscribing to your podcast I can remain a happy vegetarian, someday joining the ranks of happy vegan. You are a very special person and I hope you can always speak your truth.”

“I've just recently stumbled across your website. I want to thank you for the wealth of information you've gathered and shared in regard to veganism. I completely agree that being positive, confident, and especially educated is the best way to portray veganism in a positive light, especially to those that are unwilling to accept it at all costs.”

“I recently started listening to your podcasts and wanted you to know that they are "working"! I've been tip-toeing into vegetarian cooking/eating over the past few years and you may have pushed me the rest of the way. Thank you for the education. There are so many choices to make in our lives these days, and the simple act of eating has gotten so confusing. I enjoy your clean approach and look forward to more podcasts.”

“I've become addicted to your podcast so I decided to sponsor again, to make sure you keep going. ☺ I listened to "Eating Animals" today, and for me this one - although rather short - embodies the essence of the whole issue, in a clear, logical way. I guess if you would have to explain the concept of "animal rights" to an alien from another galaxy, this would be the episode you would want him/her/it to listen to.”

“I want to thank you for everything you have done to bring awareness to animal rights issues. The first time I heard your podcast, I downloaded about 10 of them and listened for hours. I couldn't get enough. I have to say it is a great blessing. It is great to have weekly encouragement from someone strong and grounded in vegetarian principles. You are full of wonderful ideas, both in cooking and in dealing with those who do not understand our personal choices. Thank you again for all you do.”

“Since listening to that first episode, I have drawn immense daily strength and comfort from your words and they are my primary source consolation, information and inspiration. To the soundtrack of your gentle, thoughtful and above all compassionate words, I have succeeded in eliminating not only the remaining animals from my diet – chickens and cows - but also eggs and cows' milk in my own cooking. My life is changing and, although the catalyst was elsewhere, it is your work which has been my main support and inspiration. Before we met, living on opposite sides of the country, I felt a connection to you which came of the respect and appreciation I have for your amazing efforts and attitude. Meeting you in person last weekend shored up my impression of you as a truly

generous, committed and effective advocate for the voiceless. Please know that your values and your dedication are touching lives in extremely powerful ways.”

“You are SO open and genuine and transparent in your podcast, and I can only imagine you're the same way in person and in your interactions with people. I do hope that you'll continue the podcast for as long as you're able. It's an AMAZING resource and I'm sure will stand the test of time, so I do hope you can continue it but you also can take peace in the fact that the work you've done over a year ago on it still sounds perfectly fresh and inspiring for the new audience members who stumble upon it! I feel so much gratitude for stumbling upon your podcast, and through the WONDERS of modern technology, having you as a source of inspiration and friendship in my life. Know that you are deeply appreciated, all around the globe!”

“I am one of the lucky people who stumbled upon your podcast while searching for other health and veg-friendly podcasts out there. Little did I know, however, when I started listening to your podcast a week ago that it would change my life. I became a vegetarian about 14 years ago, out of an interest both in healthier eating and lessening my impact on the environment. However, my diet was not what you would call a "whole foods" diet (relying far too much on packaged products and with too many sweets), and I had gotten a bit lax in my principles -- starting to eat salmon during my pregnancies, and then other seafood, and a bit of turkey on thanksgiving... you get the idea. :) I also had never given up eggs or dairy products. Your podcast has truly been life-changing. In the last week I have listened to nearly every episode, and am finding myself more inspired, more informed, and more "spoken to" than I ever have been by a stranger. I described it to another vegetarian friend as feeling like I'm talking with my best friend while out on a walk! :) I now know that I must live the rest of my life as a vegan... it's the only path that makes sense, given what I know. I probably wasn't ready for this step a few years or even a few months ago, but now that I KNOW what I know, I can't pretend not to know it. I mostly just want to say that YOU ARE MAKING A HUGE DIFFERENCE. You have a gift, and I am honored to help you do what you are obviously called to do. Thank you SO MUCH for how you have helped me change my life.”

“After listening faithfully to your podcast for about two months, I just made a donation to sponsor a podcast. I wanted to give back in thanks earlier, but I wasn't able to do so until now. I know I'm not the first person to say this to you, but you really did change my life, and I can't thank you enough for your work and the inspiration it brings to me and countless others. In late August we had an epiphanous road trip from Boston, MA to Portland, OR (our new home). Mike had downloaded episodes of your podcast, and all of a sudden you were saying things, and reading other people's words from emails, that just made so much sense, it seemed as if those thoughts and ideas had been inside me all along, and I just couldn't hear them. In a matter of days - long car-bound days full of your podcast and endless discussions on veganism - Mike and I decided to give up flesh and animal secretions altogether, and we haven't looked back since. Once I allowed myself to learn the truth about these industries and the experiences of the animals, giving up these products has been easy, and one of the best things I have ever done. Your podcast continues to inspire and inform me, and helps me stay a joyful vegan! I've had a paradigm shift in the way I think about food, animals, and myself - and I have you to thank for it.”

“A year ago I met you at the Strength of Many conference in L.A. I had come up to your booth inquiring about your work and I remember being so impressed. I still have the button that I chose from your table :) Since then I have been listening to your podcasts and I LOVE them. From the moment that I hear the intro music, I know that your wise words will soon motivate the animal advocate inside me. I take in each statement, trying my best to commit it to memory as if I were in a classroom. I enjoy listening to your podcasts because every single time I do, I learn something that I didn't know and these little pieces of information are invaluable to my path of educating others. You

also remind me that humor and humility go a very long way when communicating to others (especially about animal rights) and I thank you for that.”

“I want to thank you for everything you have done to bring awareness to animal rights issues. The first time I heard your podcast, I downloaded about 10 of them and listened for hours. I couldn't get enough. I have to say it is a great blessing. It is great to have weekly encouragement from someone strong and grounded in vegetarian principles. You are full of wonderful ideas, both in cooking and in dealing with those who do not understand our personal choices. Thank you again for all you do. Keep it up.”

“All of the activism we're now involved in is thanks to the inspiration that we have experienced from listening to ALL of your podcasts! We have been JOYFUL VEGANS since the end of July this year after being LONG time Vegetarians so we want to show our appreciation for all the work that you do to bring us these wonderful podcasts! Thank you so much!”

“I just wanted to send you a big thank you for the amazing 'Joy of Vegan Baking'. I finally received my Amazon order the other day, it took quite a while to make its way here to China, but it was worth the wait. My husband, who has been a vegetarian for more than 20 years, yesterday told me that he wants to go vegan with me. Since starting to listen to your podcast, I have been gradually making the change myself and very much enjoying my new lifestyle. It will be all the better now that we can do it together. So, thanks again for the book and for all the great work you are doing.”

“My name is Angela, I am a 22 year-old graduate student and I have *just* turned vegan. I wanted to thank you very much for your podcast. I bumped into it as I searched for vegan sites to support my newly adopted lifestyle and I have absolutely loved it. You have a very calming, yet direct, voice that I greatly appreciate. The podcasts make me feel supported (as I come from an Armenian family, and consider meat as the primary ingredient in all meals....makes me feel sick now just thinking about it! but they do not support veganism whatsoever and thus I haven't told them my decision). I also feel extremely educated on all the myths and concepts of being vegan, which allows for me to be more confident in my choice. Lastly, I feel much empowered. I often wonder what I could do to make a change in the world, and I realize now that by just cutting a couple of things out of my diet (meat, dairy, and eggs) I am making a large difference, I am saving lives!!! The thought of that makes me feel very good! So thank you so very much!”

“I attended the World Veg Festival in San Francisco for the first time and the hallmark of the event was your speech on the non-vegan world that we live in and how to survive and flourish in such a place. Thank you for your words of comfort and encouragement. What you said still resonates with me now and gives me strength each day. I have been contemplating veganism and I must say that you have inspired me to no longer put it off and give excuses. I have realized that I have the power to change and that the decisions I make everyday and every time I step into the kitchen are up to me. Once again, thank you for what you have done, for your wonderful classes, for your book, and for being yourself.”

“My wife and I think you and your work are so important to help end animal cruelty and are happy to be able to support your work in some small way. Thanks again for all you do!”

“The animals couldn't have a better, more enthusiastic spokesperson than you. And you motivate and give the gift of speech to others with your kind spirit. You cover so many areas so knowledgeably and eloquently. Thank you very much for all you do.”

“Colleen, I'm adding to the legions of inspired people who reach out to you to say thanks, because I must. I'm a long, long way from reformation. But I feel like I'm on the cusp of some sort of awakening, suddenly confronted by what's on my plate. Suddenly just...grossed out. After writing this post on my blog, someone commented with a link to your podcast. And today having listened to you (one after the other while breastfeeding at 3 AM), I'm feeling quite lit up. You're one wise woman, a prophet indeed. I feel almost fraudulent being among your listeners, still unsure of my own capacity for vegetarianism. Feeling intimidated by needing to learn how to shop and pantry-stock and cook in a totally new way. But thankful to have you as a guide.”

“What I wanted to say is that I should really be thanking *you* for the amazing work you're doing, and that I'm so happy to be able to help out, if only in a small way. I love the podcast -- it literally changed my life! -- and I hope you will continue for a VERY long time to come. I have been vegetarian for about 10 years and have always been proud of my choice not to eat animals. Throughout that time, the notion of veganism was a niggling presence in the back of my mind, but I told myself that I "couldn't" do it for what I guess are the usual standard excuses -- it's too hard, I couldn't live without cheese and yogurt, I won't be able to go out to restaurants any more, eggs and milk don't kill the animals, yadda yadda yadda. Listening to your podcast changed all that. Listening to your podcast is what finally cleared the cobwebs from my thinking. I really appreciate how thoroughly you debunk the myths and assumptions of our carnist culture, replacing them with facts and logic. Not only do you make a powerful case for the importance of becoming vegan, you also make veganism seem really accessible. I think that even just listening to your voice helped me; it made me feel as if I "know" someone who made the transition, and that if you were able to do it, maybe I could do it too. I don't know if that makes sense, but it really helped a lot. I've now transitioned my diet to being completely vegan, and am working on other areas of my life such as shoes, clothing, cosmetics, etc.”

"Every time my email says that there is a new podcast, I feel joy, because I know a kindred spirit is going to tell me the truth, and beautifully. It was such a treat to meet you in person at the World Veg Day festivities in San Francisco. Your talk was simply wonderful and, well, you just glow! I admire so much how eloquently and genuinely you share such love for all beings. It was the highlight of the day. You are loved and appreciated by those who don't even know you personally but who do know your person and spirit through your work. It is fundamental to life what you are doing and it IS the change we need to see in the world. You are absolutely amazing Colleen. And when my partner and I saw you speak, it confirmed everything we thought from hearing your eloquent podcasts -- we have found a profound teacher. We are truly blessed by your beautiful compassionate spirit."

"Thank you, thank you for your terrific podcast. I have been a vegetarian for about 4 weeks. It has been a slow, long process to get to this point. As an environmentalist who is always looking for something else to do I was interested in “cost” of raising meat to our environment. I started replacing the protein dishes that I was used to all my life for veggies with a side of Tofu, but I was definitely still eating meat. I only started listening to your podcast to get some more vegetarian dish ideas, but instead you opened my eyes and mind."

"Just wanted to let you know that I love your podcasts! I found them recently on I-tunes and subscribed and I have loved every one. They are so inspiring and motivating. Since listening to them I have made the transition from being an ovo-lacto vegetarian to vegan and feel so good about the decision."

"I just want to tell you THANK YOU! I love love love your podcast, website, blog, book, online shop and message! Thanks for existing!"