

Recommended Reading & Viewing

All of the books are available at [Compassionate Cook's Online Store at Amazon.com](http://CompassionateCook'sOnlineStoreatAmazon.com). Just click on Stock Your Pantry from the homepage at www.compassionatecooks.com.

***The China Study: Startling Implications for Diet, Weight Loss, and Long-Term Health* by T. Colin Campbell, Ph.D**

This exhaustive presentation of the findings from the China Study conclusively demonstrates the link between nutrition and heart disease, diabetes and cancer. Referred to as the "Grand Prix of epidemiology" by the New York Times, this study reveals the dramatic effect proper nutrition can have on reducing and reversing these ailments.

***Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet* by Vesanto Melina, M.S., R.D. & Brenda Davis, R.D.**

Two of North America's foremost vegetarian dietitians present the most up-to-date findings on nutrition, disease prevention, and everything you need to know about being vegan or just eating healthfully.

***Diet for a New America: How Your Food Choices Affect Your Health, Happiness and the Future of Life on Earth* by John Robbins**

An extraordinary exposé of the consequences our food choices have on the earth, animals, and human health. By far the most popular book ever published on the subject matter.

***The Food Revolution: How Your Diet Can Help Save Your Life and Our World* by John Robbins & Dean Ornish MD**

What can we do to help stop global warming, feed the hungry, prevent cruelty to animals, avoid genetically modified foods, be healthier and live longer? Eat vegetarian, Robbins argues. He demonstrates that individual dietary choices can be both empowering and have a broader impact.

***An Unnatural Order: Why We Are Destroying the Planet and Each Other* by Jim Mason**

Mason--attorney, journalist, and coauthor of *Animal Factories*--examines how our nature-alienated culture deprives us of kinship with the rest of the natural world, stifles empathy, and destroys our sense of continuity with other living things.

***Animal Liberation* by Peter Singer**

The book that sparked the modern animal liberation movement. Completely revised and updated. If you only read one book on the subject, make this the one.

***Slaughterhouse: The Shocking Story of Greed, Neglect, and Inhumane Treatment Inside the U.S. Meat Industry* by Gail Eisnitz**

Slaughterhouse exposes the cruel industry that turns live animals into sterile, cellophane-wrapped food in the meat display case. The testimony of dozens of slaughterhouse workers and USDA inspectors reveals the nightmarish truth as innocent, sentient, and intelligent horses, cows, pigs, and chickens are forced into interminable agony.

***Mad Cowboy: Plain truth from the cattle rancher who won't eat meat* by Howard Lyman**

Persuasive, straightforward, and full of the down-home good humor and optimism, *Mad Cowboy* is both an inspirational story of personal transformation and a convincing call to action for a plant-based diet.

***World Peace Diet: Eating for Spiritual Health and Social Harmony* by Will Tuttle, PhD**

The author of this eloquently written book challenges our thinking about our relationship to non-human animals with respect, sensitivity, and grace. His understanding of the human psyche is deep. His use of language is divine, and his compassion reaches jumps off each and every page.

***Appetite for Profit: How the food industry undermines our health and how to fight back* by Michele Simon**

This is an incredibly important book that finally explains why the answer to our food problems does not lie in the food corporations themselves. With brilliant insight and facts in hand, Simon's book empowers and motivates.

***For the Prevention of Cruelty: The History and Legacy of Animal Rights Activism in the United States* by Diane Beers**

I can safely say I think this is one of the most important books to be published - not only for the animal protection movement but for all social justice causes. Diane is an eloquent writer and has created an fascinating narrative that would interest anyone who's ever adopted a dog or a cat, donated to their local SPCA, or who works on behalf of the voiceless. I highly recommend this book!

***Food Politics: How the Food Industry Influences Nutrition and Health* by Marion Nestle, chair of nutrition and food studies at NYU**

Nestle offers an expose of the tactics used by the food industry to protect its economic interests and influence public opinion. She shows how the industry promotes sales by resorting to lobbying, lawsuits, financial contributions, public relations, advertising, alliances, and philanthropy to influence Congress, federal agencies, and nutrition and health professionals.

***Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy* by Matthew Scully**

Dominion is a plea for human benevolence and mercy, a scathing attack on those who would dismiss animal activists as mere sentimentalists, and a demand for reform from the government down to the individual. Dominion is a nascent masterpiece.

***Fast Food Nation: The Dark Side of the All-American Meal* by Eric Schlosser**

Frequently using McDonald's as a template, Schlosser, an Atlantic Monthly correspondent, explains how the development of fast-food restaurants has led to the standardization of American culture, widespread obesity, urban sprawl and more.

Peaceable Kingdom: by Tribe of Heart

In this beautiful film, we hear the riveting stories of people struggling with their conscience around some of our society's most fundamental assumptions. An inspiring story of personal redemption, compassion, healing and hope, *Peaceable Kingdom* is described by many of its viewers as "a life changing experience." Purchase at www.tribeofheart.org.

***The Witness* by Tribe of Heart**

In this award-winning documentary, Eddie Lama explains how he feared and avoided animals for most of his life, until the love of a kitten opened his heart, inspiring him to rescue abandoned animals, become a vegetarian, and ultimately, to bring his message of compassion to the streets of New York. Purchase at www.tribeofheart.org.

***Meet Your Meat* by PETA**

The green pastures and idyllic barnyard scenes of years past are now distant memories. On today's factory farms, animals are crammed by the thousands into filthy windowless sheds, wire cages, gestation crates, and other confinement systems. Though it contains footage that is difficult to watch, if we can't be a witness to what the animals endure, how can we support it by eating meat, dairy, and eggs? Visit www.goveg.com.