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**VEGANISM**

**The 30-DAY VEGAN CHALLENGE**: The Ultimate Guide to Eating Cleaner, Getting Leaner, & Living Compassionately – Colleen Patrick-Goudreau. The author holds your hand every step of the way, giving you the tools you need to make the vegan transition healthfully, joyfully, and deliciously. Full-color photos throughout. 2011, 336pp 7½x9½” $22.00.

**BEING VEGAN: Living with Conscience, Conviction, and Compassion** – Joanne Stepaniak, MSEd. Answers questions about bringing vegan ethics into everyday life; dynamic harmlessness and vegan philosophy; maintaining the vegan relationship with others; food and lifestyle choices. 2000, 240pp 6x9” $16.95.


**The Complete Idiot’s Guide to VEGAN LIVING** – Beverly Lynn Bennett and Ray Sammartano. This powerful explanation of veganism explores its many ramifications. Menu and lifestyle choices; the decisions are yours and the resources are here. 2nd edition. 2012, 384pp 7½x9½” $19.95.

**DATING VEGANS: Recipes for Relationships** – Anne Dinshah. Real people provide useful insights and over 50 suggestive recipes. Sections on philosophy and how to get from the first date to forever. A catalyst for reevaluating your own interactions with other people whether you are the vegan or the other person. How to make delicious vegan meals everyone will love! 2012, 176pp 6x9” $12.95.

*DATING VEGANS* e-book available from Amazon or Barnes & Noble $5.95.

**DIET FOR A NEW AMERICA** – John Robbins. Going vegan: for ourselves, for animals, for the planet. 25th Anniversary Edition 2012, 444pp 6x9” $18.95.

**The FACE ON YOUR PLATE: The Truth about Food** – Jeffrey Moussaieff Masson. Known for his study of the emotional lives of animals, Masson now focuses on the human psychology, to uncover how people rationalize meat, egg, and milk consumption in a denial of compassion and logic. A vegan manifesto that looks at the lives of food animals, economics, and the predicament of the planet. 2009, 287pp 5¼x8½” hard $24.95.


**LETTERS TO A NEW VEGAN: Words to Inform, Inspire, and Support a Vegan Lifestyle** – Melissa Tedrowe & Justin Van Kleeck (Editors). 2015, 191pp 4¼x7” $12.00.

**MAIN STREET VEGAN: Everything You Need to Know to Eat Healthfully and Live Compassionately in the Real World** – Victoria Moran with Adair Moran. Adopting a vegan lifestyle is an accessible goal, not just for the health conscious, but for people from all walks of life. Readers encouraged to go at their own pace, and shown how to retain familiar traditions but in a vegan way. Includes 40 vegan recipes. 2012, 400 pp 5¼x8¼” $16.95.


**MIND IF I ORDER THE CHEESEBURGER? And Other Questions People Ask Vegans** – Sherry F. Colb. 2013, 255pp 6x9” $20.00.

**The MISSING PEACE: The Hidden Power of Our Kinship with Animals** – Tina Volpe and Judy Carman. A collection of life-altering stories encouraging us to take a deeper look at our own dietary and lifestyle choices, the book also examines the spiritual, scientific, and historical reasons for changing our views towards animals. 2009, 231pp 5¼x8½” $16.95.


**NO HAPPY COWS: Dispatches from the Frontlines of the Food Revolution** – John Robbins. Essays on current food politics by a food activist. Enlightening for even the well-informed. Includes listing of books and films on healthy eating and food politics. 2012, 204pp 5¼x8½” $16.95.

elocently explains ethical reasons for veganism. Anne updates and edits his pioneering writings. Over 40 vegan luminaries tell how they were influenced and inspired by Jay. Together they encourage readers to explore ways to promote positive action in the world towards veganism through “dynamic harmlessness.”

2014, 352pp 6x9” $14.95

PULLING THE WOOL —Christine Townsend. Suffering/death in Australian sheep agribusiness. No wonder vegans don’t use wool. 1985, 157pp 5½x8½” $9.95. $6


THAT’S SO YOU: Create a Look You Love with Beauty, Style, and Grace —Ginger Burr. Includes a chapter about why it is important to have fashions be vegan. 2013. 295pp 6x9” $18.99.


V FOR VEG: The Best of Philly’s Vegan Food Column —Vance Lehmkuhl. Filled with humor, this collection of food columns covers the vegan/vegetarian events, personalities, restaurants, and industries in and around Philadelphia. 2016, 204pp 5¾x8½” $12.99


The VEGAN GUIDE TO NEW YORK CITY: Over 100 Restaurants, Ethnic Cuisine, Health Food, Ethical Shopping, and Raw Foods —Rynn Berry and Chris Abreu-Suzuki with Barry Litsky JD. 2014. 148pp 5¼x7¼” $9.95. $5.

VEGAN IN 30 DAYS: Get Healthy, Save the World —Sarah Taylor. Helps you become vegan in a fun and successful way with insight, practical advice, and recipes. 2008, 114pp 5½ x 8½” $9.95. $8

VEGAN PASSPORT —The Vegan Society, Ltd. Each language-page (56 languages) is a vegan explanation, listing what one can and cannot eat. No pronouncing; just ask waiter to read message. Note: For dietary purposes only; this Passport does not replace required travel documents. 2005, 80pp 4¼x5½” stapled $8.00.

The VEGAN SOURCEBOOK —Joanne Stepaniak, MSEd. Vegan modern history; ethics & lifestyle choices; social, environmental aspects; household items; recipes; orthodox nutrition section. 2000, 352pp 7¼x9¾” $21.95.

VEGAN STORIES —Julie H. Rosenfield. Stories about everyday vegans in their own words. 2002, 329pp 5x7¼” $12.95. $10

VEGANISSIMO A to Z: A Comprehensive Guide to Identifying and Avoiding Ingredients of Animal Origin in Everyday Products —Reuben Proctor and Lars Thomsen. Interprets product labels so you can discern if constituents of food/toiletries/other consumer goods come from animal, vegetable, or mineral sources. 2013, 310pp 5¼x7” $15.95.

VEGANIST: Lose Weight, Get Healthy, Change the World—Kathy Freston. Shows you how to tweak your favorite meals into delicious and more nutritious versions. Includes step-by-step practical guide to getting healthy gradually. 2011, 301pp 5¾x8½” hard $25.00.

The WAY WE EAT: Why Our Food Choices Matter —Peter Singer and Jim Mason. Account of modern food production that reviews meals of three families (typical omnivore, natural & organic consumer, and vegan.) Issues include animal care/suffering, environmental concerns, and the state of health of food animals and those who eat them. 2006, 328pp 6/4x9¾ hard $25.95, sale $15.00.

The WEANING OF AMERICA —Don Lutz. Case against dairy products; essays on animal rights, etc. 1997, 114pp 5¼x8¾” $7.95. $6


The WORLD PEACE DIET: Eating for Spiritual Health and Social Harmony —Will Tuttle, PhD. Examines cultural traditions and has vignettes of personal experience. Author is musician, philosopher, and teacher. 2005, 318 pp 6x9” $22.00. Available as Audio Book $20.00

LIVING IN HARMONY WITH ALL LIFE: A Discourse on the World Peace Diet --Companion CD $5.00.
NUTRITION

A GUIDE TO VEGAN NUTRITION—George Eisman, RD. This Vegan Cuisine Month honoree shares his knowledge in an easy-to-understand way. This guide is based on the first US credit-bearing college program in vegetarian studies. Eisman provides a thorough and authoritative work on vegan nutrition. Excellent resource for both longtime vegans and those who want to transition to a healthy, plant-based diet. 2015, 159pp 8¼x11” $18.00.


BECOMING VEGAN, COMPREHENSIVE EDITION — Brenda Davis and Vesanto Melina. This is a fully revised update to the classic work by two registered dietitians. Geared for nutrition and health professionals. 2014, 624pp 7½x10” $29.95.


BY ANY GREENS NECESSARY: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat – Tracye Lynn McQuirter, MPH. Concise discussion of the following topics: nutrition and weight loss, the politics of food, animal cruelty, and transitioning to a vegan diet with special attention to African-American health concerns. 2010, 238pp 5½x8¼” $14.95.


EARTH VOICE FOOD CHOICE: Getting Real About our Food Choices—Todd Winant. A manual for initiating healthy food education projects in schools, homes, camps, or institutions—introducing vegan options. Recipes batched for schools and institutions, and family-sized. 2006, 180pp 8½x11” $27.95.


FOOD IS ELEMENTARY: A Hands-on Curriculum for Young Students—Antonia Demas, PhD. Nutrition can be fun. Some lacto items; recipes vegan. Fine for homeschooing. 2001, 184pp 8½x11” ring $25.00.

The LOW-CARB FRAUD—T. Colin Campbell PhD with Howard Jacobson PhD. Dangers of diets that promote protein (primarily from meat) and condemn carbohydrates. 2014, 95pp 5¼x8¼” hard $16.95. $12

NUTRITION GUIDE FOR CLINICIANS. 2nd Edition —Neal Barnard, MD, et al. Physicians Committee for Responsible Medicine. Designed by medical professionals, this manual is a comprehensive, portable medical reference that covers nearly one hundred diseases and conditions, including risk factors, diagnoses, and typical treatments. Most importantly, it provides the latest evidence-based information on nutrition’s role in prevention and treatment. 2009, 754pp 4¼x7¼” $19.95.

PLANT BASED NUTRITION AND HEALTH—Stephen Walsh, PhD. Scientific evaluation of vegetarian diets; recent nutrition studies; recommendations for vegans. 2003, 248pp 6x9” $17.95.


The VEGAN DIET: As Chronic Disease Prevention —Kerrie K. Saunders, PhD. Overwhelming benefits; know and live by these principles. 2003, 243pp 5¼x8¼” $20.00.

VEGAN FOR HER: The Woman’s Guide to Being Healthy and Fit on a Plant-Based Diet—Virginia Messina, MPH, RD, with J.L. Fields Provides answers to important health and nutritional questions women have. 2013, 400pp 6x9” $16.99.

VEGAN FOR LIFE: Everything
You Need to Know to Be Healthy and Fit on a Plant-Based Diet –
Jack Norris RD and Virginia Messina, MPH RD. A comprehensive guide debunks common myths. Includes easy-to-use food chart, delicious substitutions, and sample menus. For aspiring and longtime vegans. 2011, 302pp 6x9” $17.00.

WHOLE: Rethinking the Science of Nutrition — T. Colin Campbell, PhD. with Howard Jacobson, PhD. Sequel to The China Study proposes a revision to the scientific method, encourages a return to making nutritional recommendations that look at the whole picture, not mere reductionism. 2013, 344pp, 6x9¼” hard $26.95. $20
NATURAL LIVING & HEALTH


THE ABUNDANCE DIET: The 28-Day Plan to reinvent your health, lose weight, and discover the power of plant-based foods—Somer McCowan. 2015, 234pp 7⅛x9” $21.95.

BREAKING THE FOOD SEDUCTION: The Hidden Reasons Behind Food Cravings—and 7 Steps to End Them Naturally —Neal Barnard, MD; menus: Joanne Stepaniak. Insights into the chemical reasons behind cravings; simple steps to alleviate them; special advice to handle kids' sugar cravings. 2003, 324pp 6x9” hard $24.95 $20/ soft $14.95.


DEFEATING DIABETES: A No-Nonsense Approach to Type 2 Diabetes and the Diabesity Epidemic —Brenda Davis RD and Tom Barnard MD; recipes: Barb Bloomfield. Practical steps needed to construct a diet and lifestyle that works. 2003, 279pp 6x9” $14.95.


DR. McDougall’S DIGESTIVE TUNE-UP —Dr. John A. McDougall, MD, illus: Howard Bartner. Gives the reader a noninvasive approach to healing intestinal conditions. Shows how a low-fat, plant-derived diet often alleviates constipation, hemorrhoids, IBS, and other chronic intestinal disorders. 2006, 211pp 6⅛x9” $19.95.

DR. NEAL BARNARD’S PROGRAM for REVERSING DIABETES: The Scientifically Proven System for Reversing Diabetes without Drugs —Neal D. Barnard, MD, Bryanna Clark Grogan. This is a must-read book for anyone with diabetes. Information for many other major health conditions, as well. 2007, 272pp 6x9” soft $15.95, hard $25.95. $22.


FASTING AND EATING FOR HEALTH: A Medical Doctor's Program for Conquering Disease —Joel Fuhrman, MD. An alternative to surgery and drugs. 1995, 268pp 5⅛x8½” hard $23.95; 5½x8¼”card $15.99.

FASTING CAN SAVE YOUR LIFE 2nd ed — Dr. Herbert M. Shelton. 1996 185pp 5⅛x8” $40.95. $7.00.

FASTING FOR RENEWAL OF LIFE Fasting for health. 2nd ed. — Dr. Herbert M. Shelton. 1995, 314pp 5⅛x8” $42.95. $7.00.

FOOD ALLERGY SURVIVAL GUIDE: Delicious Recipes & Complete Nutrition —Vesanto Melina, MS, RD; Jo Stepaniak, MSEd; and Dina Aronson, MS, RD. Gives scientifically-based information on food sensitivities, with vegan recipes that are entirely free of the major allergens. 2004, 384pp 7x10” $19.95.


FOODS THAT FIGHT PAIN: Revolutionary New Strategies for Maximum Pain Relief —Neal Barnard, MD; menus/recipes: Jennifer Raymond. Scientific rationales for nutritional therapies to
help alleviate everyday pains 1998, 348pp 6x9” $14.95.

FORKS OVER KNIVES™: The Plant-Based Way to Health — Edited by Gene Stone. The how-to companion to the feature documentary with insights from the doctors and others behind the film. Includes the benefits of the vegan diet; success stories from converts to plant-based eating; information on designing and transitioning to a healthy diet; & 125 recipes. 2011, 222pp 6½x8½” $13.95.

FRESH START, A: Accelerate Fat Loss & Restore Youthful Vitality — Susan Smith Jones, PhD. has created a total body/mind rejuvenation program just for you! This 3-month program incorporates diet and exercise with stress release and positive attitudes. 2002, 486pp (200+pp recipes) 6x9” $17.95.

THE GOOD KARMA DIET: Eat Gently, Feel Amazing, Age in Slow Motion —Victoria Moran. Find out the impact of your food choices. A fun lively read with Victoria plus stories by her friends. 2015, 288pp 6x9” $16.95.


HEALTH FOR THE MILLIONS
Excellent exposition of basis for better nutrition and health. 2nd ed. — Dr. Herbert M. Shelton. 1996, 316pp 5¼x8½” $9.95. $7.00.

HEALTH POWER: Health by Choice Not Chance —Aileen Ludington, MD & Hans Diehl, DrHSc, MPH. Take responsibility for your own health. Good health advice in short, easy-to-read, non-technical form; with Biblical quotations, full color photos and graphics; includes work pages and spaces to check your own knowledge. 2005, 256 full-color pp 8x10” $24.95.


HEALTHY EATING FOR LIFE—TO PREVENT AND TREAT CANCER: With over 80 Delicious Recipes —Physicians Committee for Responsible Medicine with Vesanto Melina, MS, RD; menus/recipes: Jennifer Raymond. Cancer research has shown that what you eat is one of the strongest factors in preventing cancer. 2002, 244pp 6x9” $18.95.

HEALTHY EATING FOR LIFE—TO PREVENT AND TREAT DIABETES: With 98 Delicious Recipes —PCRM with Patricia Bertron RD; recipes/menus: Jennifer Raymond. Help prevent and control diabetes through simple diet and lifestyle changes that are a pleasure to make. 2002, 244pp 6x9” $18.95.

HIPPOCRATES LIFEFORCE: Superior Health and Longevity — Brian R. Clement, PhD, NMD, LNC. Describes the Hippocrates LifeForce program, of over 50 years standing, with compelling scientific background and personal testimonials about the healing power of uncooked, enzyme-rich food. 2007, 253pp 6¼x9” hard $24.95.

HOW NOT TO DIE: Discover the Foods Scientifically Proven to Prevent and Reverse Disease — Michael Greger, MD, with Gene Stone. 2015, 576pp 6½x10” hard $27.99


MEAT IS FOR PUSSIES: A How-To Guide for Dudes Who Want to Get Fit, Kick Ass, and Take Names John Joseph. Ironman triathlete and

The McDOUGALL PROGRAM
12 Days to Dynamic Health –John A. McDougall, MD; recipes: Mary McDougall. Practical advice. 1990, 436pp 6x9” $20.00.


NEVER TOO LATE TO GO VEGAN: The Over-50 Guide to Adopting and Thriving on a Plant-Based Diet —Carol J. Adams, Patti Breitman, and Virginia Messina. MPH, RD. An uplifting guide filled with inspiration and passion for the healthy vegan lifestyle. 2014, 368pp 6¼x8½” $16.95.

NOURISHING THE BODY AND RECOVERING HEALTH: The Positive Science of Food —Ana M. Negrón, MD. Returning our attention to the delights of the garden to fortify us against common diseases. Shrink the amount of processed foods in our diet. Become conversant in whole ingredients, develop good habits of keeping well, and planning/preparing meals in advance. 2015, 283pp 6x9” $24.95.

The PILLARS of HEALTH: Your Foundation for Lifelong


POWER FOODS FOR THE BRAIN: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory —Neal D. Barnard MD with recipes by Christine Waltemyer and Jason Wyrick. 2013, 313pp 6¼x9¼” hard $26.99; 292pp 5¼x8” card $16.00

PREVENT AND REVERSE HEART DISEASE: The Revolutionary, Scientifically Proven, Nutrition-Based Cure — Caldwell B. Esselstyn, Jr., MD. Based on findings of a long-term lifestyle study. Includes recipes. 2007, 308pp 6¼x9¼” $17.00.

QUANTUM WELLNESS: A Practical and Spiritual Guide to Health and Happiness —Kathy Freston. Presents a multi-dimensional experience of body, mind and spirit; cultivates an awareness of self-sustaining choices, including food sources. 2008, 282pp 6¼x9¼” hard $23.95. $12.00

The RAVE DIET & LIFESTYLE: The Natural Foods Diet with Meals that Heal —Mike Anderson. Based on the guidelines used by doctors who treat and reverse diseases, this program excludes refined and animal items from the diet. Expands on the popular DVD Eating –included. 2005, 266 pp 6x9” $19.95.

A SANE DIET FOR AN INSANE WORLD—Hesh Goldstein. 2013, 279pp 6x9” $20.00.

The SCIENCE AND FINE ART OF FOOD & NUTRITION

The SCIENCE AND FINE ART OF NATURAL HYGIENE


SOAK YOUR NUTS: Cleansing with Karyn, Secrets for Inner Healing and Outer Beauty —Karyn Calabrese. Calabrese’s 28-day Natural Healing System combines fasting, cleansing, and a raw vegan diet to revitalize your health. 4pp full-color photos. 2011, 142pp 8x9” $16.95.

The STARCH SOLUTION: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! —John A. McDougall, MD and Mary McDougall. Doctor explains that the proper diet for human beings is based on starches. The more rice, corn, potatoes, sweet potatoes, and beans you eat, the trimmer and healthier you will be— and with those same food choices you will help save the planet Earth too. 2012, 368pp 6¼x9¼” hard $26.99.

The VEGUCATION OF ROBIN: How Real Food Saved My Life —Robin Quivers. Radio and TV personality shares her personal-health journey and

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favorite vegan recipes. Enticing full-color photos. 2013, 271pp 7½x9¼” hard $35.00. $25

**WAIST AWAY: How to Joyfully Lose Weight and Supercharge Your Life** —Mary Clifton MD and Chelsea M Clinton MD. Fun easy-to-read inspiration from mother-daughter physician team shows that good food is always the best medicine. 2012, 161pp 8½x8½” $14.95.


**YOU DON’T NEED MEAT** —Peter Cox. An evaluation of the role—and the true costs—of traditional meat-centered diets. 2002, 378pp 6x9” hard $24.95 $18.00; card $14.95.

FINDING ULTRA: Rejecting Middle Age, Becoming One of the World’s Fittest Men, and Discovering Myself—Rich Roll. Story of an out-of-shape alcoholic sedentary junk-eater who turns to healthy eating and becomes an ultramarathon runner. 8 pp full-color photos. 2012, 288 pp 6x9½” hard $25.00.

HEALTH & FITNESS IN PLAIN ENGLISH: How to be Healthy, Happy, and Fit for the Rest of Your Life—Jolie Bookspan, PhD, sports medicine specialist and physiologist known around the world for her studies of human performance and survival. Bookspan has tested her own endurance and fitness on mountains, in deserts, and underwater. This guide to nutrition and movement for people to use in the course of daily life is comprehensive, clear and concise. 3rd Edition, 2008, 376 pp 7x10” hard $24.95.

HEALTHY MARTIAL ARTS—Jolie Bookspan, PhD. A higher way of training for ALL athletes. 2009, 228 pp 8x11” $24.95

LIFELONG RUNNING: Overcome the 11 Myths About Running and Live a Healthier Life—Ruth Heidrich PhD with Martin Rowe. Easy-to-use guide dispels popular myths and offers motivation and resources to start or maintain an activity with many health benefits. 2013, 186 pp 6x9” $18.00.


SENIOR FITNESS: The Diet & Exercise Program for Maximum Health & Longevity—Ruth Heidrich, PhD. At 70 Ruth shares the health habits that empowered her success as a tri-athlete. She is an example of vibrant living, holder of 3 age-group fitness world records, cancer survivor for over 20 years, vegan. 2005, 219 pp 6x9” $17.00.

The THRIVE DIET: the Whole Food Way to Lose Weight, Reduce Stress, and Stay Healthy for Life—Brendan Brazier. A vegan diet and lifestyle program for achieving health, physical strength, and mental dexterity—developed by a champion ironman triathlete, for top performance. 2007, 309 pp 6¼x9½” hard $24.00. $20

THRIVE FITNESS: The Vegan-Based Training Program for Maximum Strength, Health, and Fitness—Brendan Brazier. Professional Ironman Triathlete discusses his flexible 6-week workout plan and the best whole foods to fuel your body for significant results in minimal time. 2009, 258 pp 6x9” $15.95.

THE VEGAN ATHLETE: Maximizing Your Health & Fitness While Maintaining a Compassionate Lifestyle—Ben Greene and Brett Stewart. 2013, 128 pp 7¼x9¾” $15.95.

VEGAN BODYBUILDING & FITNESS: The Complete Guide to Building Your Body on a Plant-Based Diet—Robert Cheeke. In an industry riddled with animal-derived enhancing supplements, one of the world’s most recognized vegan body builders presents a comprehensive guide to bodybuilding on a vegan diet. Includes meal programs and training regimens, how to find sponsorship, and information about vegan products and equipment. Fine mind-building philosophical writing, too. 2010, 337 pp 6x9” $19.95.

VEGAN FITNESS FOR MORTALS: Eat Your Veggies, Be Active, Avoid Injury, and Get Healthy for Life—Ellen Jaffe Jones. Motivation and easy-to-follow plans for implementing fitness routines and transitioning to a nutritious, plant-based diet. 2016, 197 pp 6x9” $14.95
VEGETARIANISM


EATING FOR LIFE – Nathaniel Altman. Vegetarian’s benefits: health, fitness, ethics, etc. 1986, 176pp 5x8¼” $6.95.

LIVING AMONG MEAT EATERS: The Vegetarian’s Survival Handbook – Carol J. Adams. Real life advice to defuse situations when dietary choices are under attack. Recipes to win over family and friends. 2003, 324pp 6x9” $20.00. $10, 2009 $15

The NEW VEGETARIANS – Rynn Berry. Interviews with notable vegetarians. 1993, 190pp 6x9” $10.95.

The PERFECTLY CONTENTED MEAT-EATER’S GUIDE TO VEGETARIANISM – Mark Warren Reinhardt. Humorous introduction to vegetarian living. 1999, 249pp 6x9” $17.95, SALE $15.00.


SAY NO TO MEAT: The 411 on

Ditching Meat and Going Veg – Amanda Strombom and Stewart Rose. The latest information on the main issues, tips for handling social situations, and over 35 recipes. 2011, 189pp 6x9” $12.95.


WHY BE A VEGETARIAN? – Tej and Tarang Sheth. Introduction to vegetarian health, nutrition, ethics, etc. 1995, 141pp 5½x8½” $12.00, SALE $8.00.

VEGETARIAN HISTORY

The BLOODLESS REVOLUTION: A Cultural History of Vegetarianism from 1600 to Modern Times —Tristram Stuart. How Western Christianity and Eastern philosophy merged to spawn a movement that had the prohibition of animal flesh at its core. 2007, 628pp, hard 6x9¼" $29.95-$20.00.


HITLER: Neither Vegetarian Nor Animal Lover —Rynn Berry; intro: Martin Rowe. Goebbels is famous for the quote that if you tell a lie often enough and strongly enough, it will be considered "truth" eventually. The lie of Hitler’s vegetarianism is laid to rest here—with authority. 2004, 90pp 5½x7½" $10.95. FREE with any purchase.

The LIFE OF A KARMA-YOGI —Dr. Dinshah P. Ghadiali, color therapy pioneer and vegetarian teacher. 1973, 32pp 7x10" $4.50.

PHILOSOPHY & RELIGION

A VEGAN ETHIC: Embracing a Life of Compassion Toward All—Mark Hawthorne. A practical, engaging guide to veganism and animal rights. Examines how all forms of oppression are connected by privilege, control, and economic power. 2016, 174pp 5½x8½” $14.95.


AHIMSA: Dynamic Compassion—Nathaniel Altman, 1980, 125pp 5¼x8¼” $4.95.

ANIMAL SACRIFICES—ed: Tom Regan. Religious views: vivisection, etc. 1986, 270pp 5¼x8½” $18.95. $12

BEATING HEARTS: Abortion and Animal Rights—Sherry F. Colb and Michael C. Dorf. Examine the sentience principle and probe the connections between debates about abortion and animal rights. 2016, 264pp 6x9” hard $35.00.

The BIBLE ACCORDING TO NOAH: Theology as if Animals Mattered—Gary Kowalski. Creates a vision of scriptures that honors the sanctity and kinship of all living beings; uncovers the connections we have with animals and those, such as children, left in our care. 2001, 122pp 5½x8½” $14.00. $12


The COILED SERPENT—C.J. van Vliet’s classic on sex and purity; +Spirit of New Age, much of Conquest of the Serpent. 1998 ed., 120pp 8½x11” $14.95. $8.00


DATING VEGANS: Recipes for Relationships—Anne Dinshah. Real people provide useful insights and over 50 suggestive recipes. Sections on philosophy and how to get from the first date to forever. A catalyst for reevaluating your own interactions with other people whether you are the vegan or the other person. How to make delicious vegan meals everyone will love! 2012, 176pp 6x9” $12.95.

DATING VEGANS e-book available from Amazon or Barnes & Noble $5.95.


DIET DECISIONS for Latter-Day Saints—Joyce Kinmont. Dietary and lifestyle viewpoint as indicated in Mormon scriptures. 1999, 192pp 5¼x8” $9.95. $8

DIET FOR TRANSCENDENCE: Vegetarianism and the World Religions—Steven Rosen. (prev. pub. as “Food for the Spirit”) From wealth of original religious traditions and texts, we are given clarification of often misunderstood roots of world’s major religions, finding vegetarianism as a basis of philosophy and practice. 1997, 136pp 6x9” $11.95.

DISCIPLINES: How Jewish Christianity Shaped Jesus and Shattered the Church—Keith Akers. Valuable inspirational resource for activists that demonstrates veganism has been taught as the ideal way of life since the time of Jesus. 2013, 310pp 6x9” $19.95.

EVERY CREATURE a WORD of GOD: Compassion for Animals as Christian Spirituality—Annika Spalde, Pelle Strindlund. Beyond doctrine and obedience, God’s compassion is the core of Christianity. Concerned about being Christian in a world shared by other beings, Spalde and Strindlund blend stories of compassion for animals from throughout religious history with accounts of modern activism and their personal witness. Encourages Christians of all denominations to follow this powerful tradition. 2008, 162pp 6x9” $18.00.


FRUITS OF PARADISE—Rebecca Hall. Daily quotes of harmlessness/vegetarianism. 1993, 254pp 6x9¼” $14.95. $10

GANDHI THE VEGETARIAN: Gandhi’s Message of Non-Violence, Non-Abundance and Merciful Living—Holly Harlayne Roberts, PhD. Describes the moral, spiritual, and healthful vegetarian philosophy of this leader. 2007,
130pp 6¼x9¼” $14.95. Autographed.

GOD’S COVENANT WITH ANIMALS: A Biblical Basis for the Humane Treatment of All Creatures—Rev. J. R. Hyland. Exposes the aberrant theology of slaughter and sacrifice, which often obscures Bible’s authentic message of care and compassion for all living creatures. 2000, 107pp 5½x8½” $14.00.


The GREAT COMPASSION: Buddhism and Animal Rights—Norm Phelps. Answers the central questions of whether Buddhism demands vegetarianism and whether the Buddha ate meat. 2004, 212pp 5½x8½” $16.00.


The INNER ART OF VEGETARIANISM: Spiritual Practices for Body and Soul—Carol J. Adams. How vegetarian and spiritual practices intertwine. 2000, 176pp 6x9” $45.00. $10

JUDAISM AND ANIMAL RIGHTS: Classical and Contemporary Responses—Edited by Roberta Kalechofsky, PhD. Anthology: what the Jewish position on animal rights is and what kinds of confusion surround the tradition. 1992, 356pp 6x9” $14.95.

JUDAISM AND VEGETARIANISM—Richard H. Schwartz, PhD. provides revised ed. of authoritative favorite praised for scholarly and thoughtful style. Whether “Jewish” or not, we live in world deriving much ethical/moral direction from Judaism. Vegetarianism is a large part of that ethic. 2001, 230pp 6x9” 18.00.

LIGHT ON AGING AND DYING—Helen Nearing. Passing in a dignified, peaceful manner. Inspiring, comforting quotations; “death” as a phase of life. 1995, 153pp 5x8” hard or soft $10.00. $8

The LOST RELIGION OF JESUS: Simple Living and Nonviolence in Early Christianity—Keith Akers. Well developed, scholarly history of Jewish Christianity and its gentle, vegetarian character from origins in Essenes and John the Baptist, through Jesus; finally theorizing its transition into Islamic mysticism. 2000, 272pp 6x9” $20.00. $15


MIND IF I ORDER THE CHEESEBURGER? And Other Questions People Ask Vegans—Sherry F. Colb. 2013, 255pp 6x9” $20.00.


MOTIVATIONAL METHODS FOR VEGAN ADVOCACY: A Clinical Psychology Perspective—Casey T. Taft, PhD. How animal advocates can best help nonhuman animals. 2016, 120pp 5½x8½” $15.00.


The NON-VIOLENT REVOLUTION—Nathaniel Altman. Ahimsa (dynamic harmlessness) in the context of environment, food, livelihood. 1988, 180pp 5½x8½” $15.95 $9.95.

The ORIGIN OF CHRISTIANITY—Dr. Charles Vaclavik. Evidence of Jesus/early Christians as nonviolent vegetarians teaching against slavery, animal sacrifice, alcohol, oath-taking, amassing of wealth. 1989, 497pp 6x9” $25.95.


PEACE PILGRIM: Her Life and Work in Her Own Words—Compiled by some of her friends. A foundation for inner tranquility, family and civic harmony, and world peace. 2004, 208pp 5½x8½” $14.00.

POWERFUL VEGAN MESSAGES: Out of the Jungle for the Next Generation—H. Jay Dinshah and Anne Dinshah. Jay, the founder of American Vegan Society, eloquently explains ethical reasons for veganism. Anne updates and edits his pioneering writings. Over 40 vegan luminaries tell how they were influenced and inspired by Jay. Together they encourage readers to explore ways to promote positive action in the world towards veganism through “dynamic harmlessness.” 2014, 352pp 6x9” $14.95.

The PRACTICAL PEACE-MAKER: How Simple Living
Makes Peace Possible – Kate Lawrence. A conscious commitment to using the least of the earth’s resources while enriching our lives in other ways. How to analyze time commitments and enjoy living compassionately in the present—general guidelines, helpful examples, wise parables. 2009, 154pp 5x8" $16.00.


SHELTER FOR THE SPIRIT: Create Your Own Haven in a Hectic World – Victoria Moran. Creative insights for your life and home. 1997, 218pp hard 6x9¾" $20.00 $15; soft 5¼x8" $12.00 $8.


THEY SHALL NOT HURT OR DESTROY: Animal Rights and Vegetarianism in the Western Religious Traditions – Vasu Murti. Murti explores the many Judeo-Christian writers and leaders who have argued that God cares about all Creation, and so should we. The core values and teachings of these faiths, the author concludes, encourage plant-eating regimens. 2003, 139pp 8¼×11” $15.00, $12.

TO CHERISH ALL LIFE – Roshi Philip Kapleau. A Buddhist case for vegetarian living. 1981, 104pp 5½x8" $7.95.


VEGETARIAN JUDAISM – Roberta Kalechofsky, PhD. History, health, Reverence for Life. 1998, 246pp 5¼x8½” $15.95, $10.

VICTORIES WITHOUT VIOLENCE – A. Ruth Fry. Seventy-six historic examples over the centuries of winning the day by nonviolence. 1986, 88pp 5x7” $6.00.
ANIMAL RIGHTS


The ANIMAL ACTIVIST’S HANDBOOK: Maximizing Our Positive Impact in Today’s World – Matt Ball and Bruce Friedrich. Makes a case for reasoned, impassioned, and joyous activism through effective and efficient advocacy. 2009, 140pp 5x8" $15.00.

ANIMAL INSTINCT: A Novel — Dorothy H. Hayes. Fast-paced narrative about generational organizational tyranny. A past heroine of animal-welfare hinders the efforts of her ambitious young staff member and grass-roots volunteers. New heroine advocates an improved way to rescue animals more effectively. 2005, 232pp 6x8" $15.95.


ANIMALS’ RIGHTS – Henry Salt, new preface: Peter Singer. This 1892 classic is a landmark work in developing an understanding of the rights of non-humans. 1980, 240pp 5½x8" hard $9.95.


CAPERS IN THE CHURCHYARD: Animal Rights Advocacy in the Age of Terror – Lee Hall. Presents a clear view of animal welfare and militant animal liberation campaigns. Animal welfare is taken to task for ignoring idea that society should renounce domination of other species. Expresses its stance against violent tactics. 2006, 162pp 7x9¼" $14.95.

The CASE FOR ANIMAL RIGHTS – Prof. Tom Regan. The classic argument for rights independent of utility. 2nd ed. 2004, 425pp 5½x8½" $21.95.


DOMINION: The Power of Man, the Suffering of Animals, and the Call to Mercy – Matthew Scully. Presents the moral duty to respect the animal world as God’s handiwork, with mercy. 2002, 434pp 5¼x8½" $17.99.

The DREADED COMPARISON: Human and Animal Slavery – Marjorie Spiegel. Animals today are often treated as many humans were in the slave condition. Revised edition, 1996, 128pp 5¼x8¼" $19.95.


EMPTY CAGES: Facing the Challenges of Animal Rights – Prof. Tom Regan. Unmasks the fraudulent rhetoric of “humane treatment” for animals in laboratories, the food chain, etc. Uncompromising argument on behalf of animals’ right to live free of human exploitation. 2004, 229pp 6x9" $21.95.


ETHICS INTO ACTION: Henry Spira and the Animal Rights Movement – Peter Singer. 1998, 192pp 6¼x9¼" cloth $22.95; paper $17.95.

EVERY TWELVE SECONDS: Industrialized Slaughter and the Politics of Sight – Timothy Pachirat. First-hand account of animal suffering and the lives of workers at a modern slaughterhouse details everyday operations of such facilities and how its realities are hidden from plain sight. 2011, 302pp 5¼x8¾" $20.00

INTRODUCTION TO ANIMAL RIGHTS —Prof. Gary L. Francione. Clearly written guide to examining our treatment of non-human animals. 2000, 229pp 6x9" $30.95. $20


The LUCKY ONES: My Passionate Fight for Farm Animals —Jenny Brown with Gretchen Primack. This is a memoir with a mission to bring a voice to the voiceless creatures. Author shares her life story from a child with bone cancer and amputee to her current role as co-founder and director of Woodstock Farm Animal Sanctuary. Jenny takes readers through the development of her keen interest in animal cruelty issues and a decade of soul-searching and undercover assignments filming animal abuse to find her true devotion. 16pp full-color photos. 2012, 303pp 6¼x9¾" hard $26.00.

MEAT MARKET: Animals, Ethics, and Money —Erik Marcus. The economics of animal agriculture and a view of the lives and slaughter of animals. This guide to effective activism proposes strategies to reduce the demand for meat and dairy. Supplemental essays and appendices. 2005, 273pp 6x9" $14.95. $10

MORAL INQUIRIES: On the Situation of Man and Of Brutes —Lewis Gompertz; ed: Peter Singer. 19th century work by a founder of the RSPCA (British). 1992, 160pp 5¼x8½" $45.75. $10

PERSIMMON TAKES ON HUMANITY (The Enlightenment Adventures: Book One)—Christopher Locke. Fictional story about a group of animals who decide to stand up against the slaughter and exploitation of their fellow creatures. 2015, 348pp 5¼x8½" $14.95.

PORTRAIT OF A BURGER AS A YOUNG CALF: The Story of One Man, Two Calves, and the Feeding of a Nation —Peter Lovenheim. Author follows two calves from birth to griddle. 2003, 272pp 5¼x8½" $14.00.


SEALSKIN TROUSERS —Jon Wynne-Tyson. Tales of attitudes toward animals. 1994, 154pp 6x9" hard $18.95. $12

SLAUGHTERHOUSE: Shocking Story of Greed, Neglect, & Inhumane Treatment Inside The U.S. Meat Industry —Gail Eisnitz. Exposé of conditions for people as well as animals; worker interviews; massive cruelty; workplace filth; government employee corruption; worker and consumer health hazards. 1997, 310pp 6x9" hard $25.00.

STORIES RABBITS TELL: A Natural and Cultural History of a Misunderstood Creature —Susan E. Davis & Margo DeMello. A comprehensive look at the rabbit as a wild animal, ancient symbol, pop culture icon, commercial "product," pet and intelligent, feeling creature. 2003, 358pp 6x9" $22.00. $15

The STRUGGLE FOR ANIMAL RIGHTS —Tom Regan. Compelling and readable essays that address some of the major causes of animal suffering and exploitation. 1987, 197pp 5x8" $8

The ULTIMATE BETRAYAL: Is There Happy Meat? —Hope Bohance with Cogen Bohance. The unspeakable cruelty that farmed animals endure is passionately voiced, inspiring us to make more compassionate choices for ourselves, our families, the planet, and the animals. 2013, 259pp 5¼x8½" $19.95.


WHY ANIMALS MATTER: The Case for Animal Protection —Erin E. Williams, Margo DeMello. How animals are exploited in our society: factory farming, sport hunting, the fur industry, experimentation, entertainment, and the pet industry. Actions you may take. 2007, 420pp 6x9" $20.00.

WITHOUT A TEAR: Our Tragic Relationship with Animals —Mark H. Bernstein. Contemporary philosophical discussions about the moral status of animals. 2004, 208pp 6x9" $25.00. $22
ANIMALS & COMPANION ANIMALS

250 THINGS YOU CAN DO TO MAKE YOUR CAT ADORE YOU—Ingrid Newkirk. For cat friends and friends with cats. 1998, 208pp 6½x9" $11.00.

ADVENTURES IN KINSHIP WITH ALL LIFE—J. Allen Boone and Paul Herman Leonard. Trust of human, animal. 1990, 128pp 6x9" $9.95. $5


THE EMOTIONAL LIVES OF ANIMALS AND CHILDREN: Insights from a Farm Sanctuary—William Crain. Children reveal our deep connections with animals, often sadly lost through the socialization process. William Crain. 2014, 158pp 5¾x8½" $15.95


The PIG WHO SANG TO THE MOON: The Emotional World of Farm Animals—Jeffrey Moussaieff Masson. A revealing look at the personalities of animals commonly eaten. 2003, 288pp 6½x9½" $15.00.

PLEASURABLE KINGDOM: Animals and the Nature of Feeling Good—Jonathan Balcombe. Fascinating discussion about animals sharing our capacity for pleasure, and the ethical implications of that. 2007, 282pp 5x7¾" $15.00.


The SOULS OF ANIMALS—Gary Kowalski. Animals: living, thinking, feeling, spiritual beings. 1999, 114pp 5½x8½" $42.95. $10


WE ANIMALS—JoAnne McArthur. Photography accompanied by text about the images and animal industries as a coffee-table book. 2013, 208 pp full-color photos throughout, 10x8½ hard $40.00.

WHEN ELEPHANTS WEEP—Jeffrey Moussaieff Masson and Susan McCarthy. Landmark exploration of emotions of non-human animals. 1995, 291pp 6x9½" hard $23.95-$12; smaller type, 5¼x8½" card $47.00. $8


WHY DOGS HUMP AND BEES GET DEPRESSED: The Fascinating Science of Animal Intelligence, Emotions, Friendship,
Babies & Children (books for adults)

Above All, Be Kind: Raising a Humane Child in Challenging Times —Zoe Weil. 2003, 320pp 6x9" $47.95. $12


Breastfeeding Your Baby —Sheila Kitzinger. Compassionate, illus. guide by a vegetarian midwife. 1989, 160pp 7½x9¼ $20.00. $15


Disease-Proof Your Child: Feeding Kids Right —Joel Fuhrman, MD. Reduce asthma, ear infections, and allergies today; protect against diabetes, cardiovascular disease, and cancer tomorrow. This is an important guide to feeding and caring for children wisely. Vegan best; animal products allowed. 2005, 254pp 6½x9½" hard $24.95.


Food is Elementary: A Hands-on Curriculum for Young Students —Antonia Demas, PhD. Nutrition can be fun. Some lacto items; recipes vegan. Fine for home-schooling. 2001, 184pp 8½x11" ring $25.00.

Good Food Today = Great Kids Tomorrow —Jay Gordon, MD. Things you can do to have healthier kids. 1994, 212pp 6x8¼" $47.95. $10


Raising Vegetarian Children: A Guide to Good Health and Family Harmony —Joanne Stepaniak, MSEd and Vesanto Melina, MS, RD. “Whether vegetarian or not, you’ll find guidance for positive relationships, good nutrition, and lifelong health for your family.” 2003, 381pp 7¼x9" $18.95.


Skinny Bitch Bun In the Oven: A Gutsy Guide to Becoming One Hot and Healthy Mother! —Rory Freedman, Kim Barnouin. The smart and sassy SB girls are back with their third book, another no-nonsense guide, this time dedicated to the pregnant vegan. 2008, 329pp 5½x8¼" $14.95.

Your Vegetarian Baby —Dr. Pietro Rotondi. A modern pioneer’s helpful parenting info; some honey. 1953, 80pp 5½x8½” stapled $4.95.

FOR CHILDREN & TEENS

A COLORING STORYBOOK ABOUT THE LIFE AND TEACHINGS OF PEACE PILGRIM —Gary D. Guthrie, illus. Barbara Werner. In English and Spanish on each page. 2011, 48pp 11x8½” $10.00

The ABCs OF NUTRITION: Learning the Alphabet the Healthy Way, Vol 1 —Dolores Orchanian and Aimee Buono, Editors. Playfully illustrated by Andrew Birdman with bright colors and clean lines, the VEDGE (Vigorous, Educated, Good Eating) Kids introduce each letter. 2013, 30pp 8x6½” $10.99. $8.00


APPLES, BEAN DIP, & CARROT CAKE: Kids! Teach Yourself to Cook—Anne and Freya Dinshah. Teaches easy delicious healthful recipes for real food, not packaged mixes or sugar-loaded desserts. Kids show recipes with simple illustrated steps. For ages 4 to 12. Adults love it too! Gluten-free options available by request or download pdf AmericanVegan.org/ABC/ABC. Full-color photos throughout. 2012, 160pp 8½x11” $24.95.


CLAUDE and MEDEA: The Hellburn Dogs—Zoe Weil. A substitute teacher helps children examine attitudes towards animals, and inspires good works. 2007, 105pp 5x8”$12.00.


FUR & FEATHERS —Animal Matters. A board game about animals and how our everyday choices can affect their lives. Teaches counting, reading, comprehension, strategy, compassion, responsibility and sharing in a fun-filled way. A portion of the proceeds from this game will go directly to support rescued farm and domestic animals. Game printed with soy-based inks. For ages 6 and up with some reading required. 2011, 10½x10½” hard $18.99.

GREAT FIGURES IN HISTORY: Gandhi (Mohandas Gandhi) —Y Kids. An Educational Manga Comic/ Biography—in full color. Learn how a timid boy and quiet man became a respected leader, his vegetarian vow, and non-violent actions for Indian independence. 2007, 151pp 7x10” $14.95. Also Leonardo DaVinci $14.95;


THAT’S WHY WE DON’T EAT ANIMALS: A Book About Vegans, Vegetarians, and All Living Things —Ruby Roth. Candid compassionate look at the lives of farm animals and their plight. Cast of pigs, turkeys, cows, and more. Shows effect that eating animals has on environment and suggests steps children can take to learn more. For ages 4-10. Roth’s color illustrations throughout. 2009, 54pp 11½x9¾” $16.95.

V IS FOR VEGAN: The ABC’s of Being Kind—Ruby Roth. This alphabet book shows what to eat and how to be kind to animals. For ages 3 to 5, full-color illustrations throughout, 2013, 32pp 8x8” cloth $12.95.

VEGAN IS LOVE: Having Heart and Taking Action—Ruby Roth. Author’s full-color captivating pictures show how our daily choices make a difference locally and globally—what children can do today to protect animals, the environment, and people around the world. For ages 4-10. 2012, 40pp 11¼x9¾” $16.95.

VICTOR’S PICNIC with the Vegetarian Animals —Radha Vignola, illus: Michelle N. Ary. 1996, 54pp 8x9” $6.95.


WHALE OF A TALE —Barbara Pearl; illus: Cathy Janson. The story of a Magic Square that transforms into different shapes: a kite, a whale and finally a penguin. Discover the magic of paper folding. 2005, 30pp 8x8¼” $14.95. $8
ENVIRONMENT & NATURAL GARDENING

COMFORTABLY UNAWARE: Global Depletion and Food Responsibility...What You Choose To Eat is Killing Our Planet — Dr. Richard A. Oppenlander. A health and environmental advocate for over 30 years explains how our food choices directly impact the environment. Offers unique perspectives. 2011, 196pp 6x9¼" hard $22.95.


EATING VEGAN IN VEGAS — Deborah Emin. Guide to the best restaurants in Vegas and what the local vegan community is up to. 2016, 131pp 5¼x8" $9.99

The ESSENTIAL WILD FOOD SURVIVAL GUIDE — Linda Runyon. Shows how to identify, gather, and prepare edible wild foods, wherever you live. 2007, 310pp 6x9" $22.00 (no discount avail).


JUDAISM & GLOBAL SURVIVAL — Richard H. Schwartz, PhD. The challenges facing humanity and the Jewish teachings related to these challenges. 2002, 252pp 6x9" $20.00.


PHILOSOPHY FOR A BETTER WORLD — Floris Van Den Berg. Philosophical basis for a radical improvement in how we treat other beings. Mixes contemporary parables effectively in his analysis. 2013, 290pp 6x9 $23.00.

The RESTORE-OUR-PLANET DIET: Food Choices, Our Environment, and Our Health — Patricia Tallman, PhD. Excellent analysis of the impact of choosing a whole-foods vegan diet on climate change, the environment, nutrition, weight loss, and personal health. Compares the benefits of vegan alternatives with the traditional animal-source foods. Solidly refutes the claims of others that “eating vegan doesn’t really help with climate change and environmental damage." 2015, 191pp 7"x10" $19.95

The SUSTAINABILITY SECRET: Rethinking Our Diet to Transform the World — Kip Andersen and Keegan Kuhn. 2015, 204pp 6¼x9¼" hard $24.95.


An UNNATURAL ORDER: Why We Are Destroying The Planet & Each Other/A Manifesto For Change — Jim Mason. 1998, 320pp 6x9" $17.95.

VACCINATION


MASS IMMUNIZATION: A Point in Question –Trevor Gunn. Statistical/diagnostic faking. Infectious diseases sharply decline with no shots. 1992, 32pp 5¾x8¼" $4.50. $3.00.

A SHOT IN THE DARK –Harris L. Coulter and Barbara Loe Fisher. Why the "P" in DPT shots is hazardous. 1996, 246pp 6¼x9" $10.95. $7.00.

VACCINATION, SOCIAL VIOLENCE, and CRIMINALITY: The Medical Assault on the Human Brain – Harris L. Coulter. Promotes debate about benefits and hidden costs of childhood vaccination programs. Indicts immunizations, medications and alcohol use as major factors in social, immunologic, and neurologic disorders. 1990, 300pp 6x9" $14.95. $10.00.


WHAT EVERY PARENT SHOULD KNOW About Childhood Immunization –Jamie Murphy. Reactions are very often worse than admitted; disease from shots hidden for decades. 1998, 192pp 5½x8½" $14.95. $10.00.
VIVISECTION

ANIMAL EXPERIMENTATION: A Harvest of Shame – Moneim A. Fadali, MD, FACS. Unscientific; harms humans as well as animals. 1996, 234pp 5½x8½" $14.95.

The DARK FACE OF SCIENCE – John Vyvyan. Unmasking vivisection. 1989, 201pp 5½x8½" $10.95 $8.00


The HOLOCAUST & THE HENMAID’S TALE: A Case for Comparing Atrocities – Karen Davis PhD. 2005, 155pp 5x8” $18.00. $15

IN PITY & IN ANGER – John Vyvyan; intro: Prof. Tom Regan. Science using animals—a failure. 1988, 167pp 5½x8½" $9.95 $5.00

LETHAL LAWS – Alix Fano. Animal testing, health, environment, policy, Harm of animal tests. 1997, 242pp 5½x8½" $19.95 $10.00

SACRED COWS and GOLDEN GEESE: The Human Cost of Experiments on Animals – C. Ray Greek, MD and Jean Swingle Greek, DVM. Live animal research is unethical and faulty science underpins it. 2003, 256pp 6x9" $18.95.


SPECIOUS SCIENCE: Why Experiments on Animals Harm Humans – C. Ray Greek, MD, and Jean Swingle Greek, DVM. How genetics and evolution reveal why medical research on animals harms humans. 2003, 288pp 5¾x8¾" $18.95.

VEGAN COOKBOOKS

The 4-INGREDIENT VEGAN: Easy, Quick, and Delicious—Maribeth Abrams with Anne Dinshah. Contrary to daunting recipes with many steps and long lists, this book creates delicious dishes with four ingredients. The cooking is simple, enjoyable, and memorable for readers with limited time, space, or skills. 2010, 159pp 8x9½” $14.95.

The 30-DAY DIABETES MIRACLE COOKBOOK: Stop Diabetes with an Easy-to-Follow Plant-Based, Carb-Counting Diet—Bonnie House, Diana Fleming, PhD, LDN, Linda Brinegar, Linda Kennedy, Ian Blake Newman. The companion cookbook from the folks at the Lifestyle Center of America, who brought us the 30-Day Diabetes Miracle! 8pp full-color photos. 2008, 308pp 7½x9” $19.95.

The 30-MINUTE VEGAN: Over 175 Quick, Delicious, and Healthy Recipes for Everyday Cooking—Mark Reinfeld and Jennifer Murray. Healthy recipes accessible for everyone. 8pp full-color photos. 2009, 376pp 7x9¼” $18.95.

The 30 Minute Vegan SOUP’S ON! More Than 100 Quick and Easy Recipes for Every Season—Mark Reinfeld. 8pp full-color photos. 2013, 208pp 7x9” $17.99.

The 30 MINUTE VEGAN’S TASTE OF THE EAST: 150 Asian-Inspired Recipes—From Soba Noodles to Summer Rolls—Mark Reinfeld and Jennifer Murray. With the world becoming increasingly more interconnected, here is a chance to learn about a unique cuisine, culture, and its cooking techniques. 2010, 285pp 7x9” $18.95.

365 VEGAN SMOOTHIES: Boost Your Health with a Rainbow of Fruits and Veggies—Kathy Patalsky. Innovative recipes built around themes such as brain boosters, weight loss, healthy digestion, immunity boosters, mood tamers, and detoxification. Color photos throughout. 2013, 335pp 7½x9” $20.00.

500 VEGAN DISHES: The Only Compendium of Vegan Dishes You’ll Ever Need—Deborah Gray. Compact book that won’t take up counter space includes the basics: a guide to less familiar vegan ingredients; and easy substitutes for dairy, eggs, and meat. Over 50 full-color photos. 2011, 288pp 6½x6¼” hard $16.95.

500 VEGAN RECIPES: An Amazing Variety of Delicious Recipes, From Chilis and Casseroles to Crumbles, Crisps, and Cookies—Celine Steen and Joni Marie Newman. Icons for low-fat, gluten-free, soy-free, and recipes prepared in under 30 minutes. Also included are ingredient substitutions and definitions for unfamiliar items. 2009, 512pp 7½x9½” $19.99.

AFRO-VEGAN: Farm-Fresh African, Creole, & Southern Flavors Remixed—Bryant Terry. A narrative-style cookbook with recipes to reclaim community and healthy around the table—serving the rich tradition of black cuisines. 2014, 224pp full-color photos 7¼x9¼” hard $27.50.

ALIVE IN 5: Raw Gourmet Meals in Five Minutes—Angela Elliott. Easy to find ingredients. Use blender or food processor, mix and serve. 8pp full-color photos. 2007, 128pp 7x8” $14.95. $12.

THE ALLERGY-FREE COOK BAKES BREAD: Gluten-Free, Dairy-Free, Egg-Free—Laurie Sadowski. Enjoy freshly baked bread even if you have food sensitivities. Includes sections on converting your kitchen into an allergy-free zone, interpreting ingredient labels for hidden allergens, adapting your favorite recipes, learning about the nutritional qualities of over 20 gluten-free flours, and more. 2011, 143pp 8x9¼” $14.95.


THE ALMOND MILK COOKBOOK: Over 100 Delicious Recipes—Alan Roettinger. 2015, 155pp 6x9” $12.95.

AQUAFABA: Sweet and Savory Vegan Recipes Made Egg-Free with the Magic of Bean Water—Zsu Dever. Use bean liquid to ingeniously make both sweet and savory recipes egg-free. Full-color photos throughout. 2016, 179pp 7½x9” $21.95.

AMERICAN VEGAN KITCHEN: Delicious Comfort Food from Blue Plate Specials to Homestyle Favorites—Tamasin Noyes. Tasty homestyle comfort foods reminiscent of American diners and restaurants across the country. Leaves nothing to be desired when adopting a vegan diet or hosting a party. Basic information about ingredients and equipment. Icons for quick, kid-friendly, or make-ahead recipes. 2010, 222pp 8pp glossy paper/full-color photos 7½x9¾” $18.95. $16.


ANI’S RAW FOOD ASIA: Easy East-West Fusion Recipes—Ani Phyo. Flavorful recipes from Korea, China, Japan, Thailand, Vietnam, India, Indonesia, and Hawaii. Includes menus, eco-entertaining ideas, and lifestyle and green-living


APPLES, BEAN DIP, & CARROT CAKE: Kids! Teach Yourself to Cook—Anne and Freya Dinshah. Teaches easy delicious healthful recipes for real food, not packaged mixes or sugar-loaded desserts. Kids show recipes with simple illustrated steps. For ages 4 to 12. Adults love it too! Gluten-free options available by request or download pdf. AmericanVegan.org/ABC/ABC. Full-color photos throughout. 2012, 160pp 8½x11½” $24.95.


The ARTFUL VEGAN: Fresh Flavors from the Millennium Restaurant —Eric Tucker with Bruce Enloe; desserts: Amy Pearce. A vegan haute cuisine effort that hits the mark. (Some wine used included.) 32pp glossy paper/full-color photos. 2003, 240pp 8¼x10¼” $25.99.

ARTISAN VEGAN CHEESE: From Everyday to Gourmet — Miyoko Schinner. For those who still eat or dream of cheese, the perfect vegan substitutes—mimicry at its best. Scintillating sauces and deeply-flavored blocks will fill the void. Some are quick to make, others require patience to achieve results. Learn the techniques. Better than packaged products. Familiar recipes that would use cheese are revamped by an expert. Plan a party! 8pp full-color photos. 2012, 159pp 8x9” $19.95.

The ASIAN VEGAN KITCHEN: Authentic and Appetizing Dishes from a Continent of Rich Flavors —Hema Parekh. For the adventurous, Recipes from nine countries. Glossary of exotic ingredients. 32pp full-color photos. 2007, 192pp 7¼x10½” $14.95. $16

AUTHENTIC CHINESE CUISINE —Bryanna Clark Grogan. Excellent exploration of the art of Chinese cooking; mostly easy recipes. Good instructions for "Chinese" procedures. 2002, 192pp 7x8” $12.95. $10

BABYCAKES COVERS THE CLASSICS: Gluten-Free Vegan Recipes From Donuts to Snickerdoodles —Erin McKenna. New collection of favorites from the famous NYC bakery—all created without gluten, dairy, eggs or refined sugar. Sections on key ingredients, easy substitutions, and solutions to frequently asked questions. 63pp full-color photos. 2011, 144pp 7¼x9½” hard $25.00.

BACON-ISH: Sultry and Smoky Plant-Based Recipes from BLTs to Bacon Mac & Cheese—Leiman Two Moons. Full-color photos throughout. 2016, 168pp 7½x9½” $21.95.

The BEST of BLOODROOT VOL II: Vegan Recipes —Selma Miriam and Noel Furie with Lagusta Yearwood. Recipes from Bridgeport Connecticut’s legendary feminist restaurant/bookstore. 8pp full-color photos. 2007, 432pp 6x9” $27.50. $22

The BEST of VEGAN COOKING —Priscilla Feral. In another compilation gathered from various chefs, Friends of Animals has published a collection of elegant recipes. 21pp full-color photos. 2009, 128pp 8¼x8” $19.95.

The BEST VEGGI BURGERS


BETTY GOES VEGAN: 500 Classic Recipes for the Modern Family —Annie and Dan Shannon. Meals and comfort foods inspired by The Betty Crocker Cookbook, recreated with use of vegan cheeses, mock meats, and standard vegan ingredients such as tofu and whole grains. 22pp full-color photos. 2013, 480pp 8¼x10¼” hard $26.99.

BIG VEGAN: More Than 350 Recipes No Meat / No Dairy All Delicious —Robin Asbell. 16pp full-color photos. 2011, 544pp 7x 9½” $29.95.

The BLOOMING PLATTER COOKBOOK: A Harvest of Seasonal Vegan Recipes —Betsy DiJulio. Simple and sophisticated recipes celebrating each season. 8pp full-color photos. 2011, 212pp 7½x9½” $18.95.

BRAVO! Health-Promoting Meals from the TrueNorth Health Center —Ramses Bravo. Delicious recipes meld simple flavors and textures without sugar, oil, or salt. Included are helpful tips to ease your dietary transition and 14 days of menus with nutritional analyses. 8pp full-color photos. 2012, 165pp 8x9” $19.95.


CANDLE 79 COOKBOOK: Modern Vegan Classics from New York’s Premier Sustainable Restaurant—Joy Pierson, Angel Ramos, and Jorge Pineda. Enjoy
making innovative, yet quite easy, gourmet meals at home. Included are a glossary for unfamiliar terms and ingredients, and a resource guide on where to find special products. Full-color photos throughout. 2011, 208pp 7¼x9" hard $30.00.

The CANDLE CAFÉ COOK-BOOK: More Than 150 Enlightened Recipes From New York's Renowned Vegan Restaurant —Joy Pierson and Bart Potenza with Barbara Scott-Goodman. A treasure trove of fine vegan recipes that satisfy choosy NY diners; with helpful tips on cooking beans and grains. 2003, 228pp many color photos 7¼x9” $18.00.


The CHINA STUDY COOKBOOK: Over 120 Whole Food, Plant-Based Recipes —LeAnne Campbell PhD. Optimal nutrition in easily prepared recipes to promote health. 2013, 283pp 7x9” $19.95.


The CLASSICAL VEGETARIAN COOKBOOK: For Professional Chefs and Inspired Cooks—Ron Pickarski. 16pp full-color photos. 2015, 400pp 8¾x11¼” hard $59.95.

COLOR ME VEGAN —Colleen Patrick-Goudreau. An edible rainbow of cuisine with 150 flavorful recipes designed to boost health and perk up the palate. Organized by color, each section demonstrates how phytonutrients—powerful, pigmented antioxidants found in select fruits and vegetables, grains, legumes, nuts and seeds—can be added to your meals for the greatest nutritional punch. 40pp full-color photos, 2010, 272pp 7½x9½” $19.99.


The Complete Idiot’s Guide to GLUTEN-FREE VEGAN COOKING: To Your Fabulous Health! The Best of Two Culinary Worlds —Julieanna Hever, MS, RD, CPT and Beverly Lynn Bennett. Easy, tasty recipes, and helpful advice. Sections on nutrition, substitutions, and prepping your kitchen. 52 full-color photos. 2011, 352pp 7¼x9” $18.95.


The Complete Idiot’s Guide to VEGAN SLOW COOKING: Enjoy the Delicious Convenience of Slow Cooking with Over 240 Vegan Recipes —Beverly Lynn Bennett. Takes you through the day from warm and filling breakfast and brunch recipes, through soups and chilies, to marvelous main dishes and desserts. Plus things to make you would not have thought to do. 2012, 304pp 7¼x9” $16.95.


COOKBOOK FOR PEOPLE WHO LOVE ANIMALS —Gentle World. 300+ beginner to gourmet recipes interspersed with philosophical tidbits; section for

COOKIN’ CRUNK: Eating Vegan in the Dirty South — Bianca Phillips. Arkansas native shares her heritage—classic Southern comfort food with a healthy twist. Crunk incorporates country staples such as beans, corn, fresh produce, with whole grains; also a chapter on Southern vegan pantry items. 8pp full-color photos. 2012, 191pp 8x9" $19.95.


COOKING VEGAN: Healthful, Delicious, and Easy — Vesanto Melina, MS, RD and Joseph Forest. An internationally-renowned vegan dietitian and a professional chef combine their vast knowledge and experience for a powerhouse of nutrition information and enticing recipes. A nutritional analysis accompanies each recipe. 2012, 263pp 7x10" $19.95.

COOKIN’ UP A STORM: Sea Stories and Vegan Recipes from Sea Shepherd’s Anti-Whaling Campaigns — Laura Dakin. Full-color photos throughout. 2015, 156pp 8x9" $24.95.


DAIRY-FREE & DELICIOUS: Over 100 tempting, easy recipes for managing milk allergy and lactose intolerance — Nutrition: Brenda Davis, RD; recipes: Bryanna Clark Grogan and Joanne Stepaniak. Information on dairy-free diets. 2001, 160pp 7x8" $12.95, $10

DATING VEGANS: Recipes for Relationships — Anne Dinshah. Real people provide useful insights and over 50 suggestive recipes. Sections on philosophy and how to get from the first date to forever. A catalyst for reevaluating your own interactions with other people whether you are the vegan or the other person. How to make delicious vegan meals everyone will love! 2012, 176pp 6x9" $12.95.

Dating Vegans e-book available from Amazon or Barnes & Noble $5.95.


EASY VEGAN COOKING — Leah Leneman. 350+ delicious recipes for all occasions. 1998, 212pp 6¼x8½" $43.00, $8.00.

EAT DRINK AND BE VEGAN — Dreena Burton. Imaginative, colorful, and delectable, perfect for all kinds of events. 150+ recipes, 16 pp full-color photos. 2007, 243pp 7½x10" $22.95.

EAT VEGAN ON $4 A DAY: A Game Plan for the Budget Conscious Cook — Ellen Jaffe Jones. Eat healthy tasty food while reaping big savings. Includes tips for how to adapt your favorite recipes, cook with beans and grains, and use bulk buying to save money. Explains the hidden food-industry politics behind grocery store pricing and product placement, and teaches us how to be informed consumers. 2011, 157pp 8x9¼" $14.95.


EVERYDAY RAW DESSERTS — Matthew Kenney. Celebrity chef brings his clean and modern sense of style to creating fabulous all-raw desserts. 2010 full-color photos throughout 144pp 7½ x 9¾" $19.99.


The EVERYDAY VEGAN: Recipes & Lessons for Living the Vegan Life — Dreena Burton. Examples of “taking the step”; discover the amazing flavors without having to resort to animal products; many fine vegan recipes. 2003, 205pp 7¼x10" $23.95, $20

The EVERYTHING® VEGAN COOKBOOK — Jolinda Hackett. AVS has followed Jolinda’s career since she was a student at U. Chicago in 2003 (a key member of their vegan society). Fans of her newsletter and well-designed website (vegetarian.about.com), who value her counsel and eat up her recipes, will welcome this book from a prolific modern cook. 2010, 304pp 8x9¼" $16.95.

FOODS THAT DON’T BITE BACK: Vegan Cooking Made Simple — Sue Donaldson. Includes 32 page "preface" giving excellent ethical vegan reasoning; many fine "international" recipes. Four pages of vegan dog and cat info. 2003, 160pp 6x9" $46.95. $12

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GREAT GLUTEN FREE DESSERTS— Naturally —Fran Costigan. Excellent vegan desserts. 1999, 144pp 8½x11" lie-flat $15.95. $10

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The Gluten-Free Vegan Cookbook: 150 Delicious Gluten-Free, Animal-Free Recipes — Susan O’Brien. If you have a gluten sensitivity or food allergy, overcome food difficulties without feeling deprived. 150 recipes make it easy to get creative and healthy dinners on the table. 2008, 206pp 7x9" $16.95.


THE GREAT VEGAN BEAN BOOK: More Than 100 Delicious Plant-Based Dishes Packed with the Kindest Protein in Town! — Kathy Hester. Includes soy-free and gluten-free recipes. 2013, 192pp full-color photos. 7½x9¼" $19.99.

THE GREAT VEGAN STYLE: 125 Fired-Up Recipes to Turn Every Bite Into a Backyard BBQ — John Schlimm. Grilling basics and expert techniques along with creative recipes such as Slip-N-Sliders, Sevens Inning Stretch Tacos, and Midsummer Night’s Asparagus. 54 full-color photos. 2012, 252pp 7½x9¼" $22.99

GRILLS GONE VEGAN — Tamasin Noyes. Get your outdoor party started with fast, fun, easy, and flexible recipes: starters, mains, sandwiches and desserts. 8pp full-color photos. 2013, 191pp 8x9" $19.95.

THE HAPPY COW COOKBOOK: Recipes From Top-Rated Vegan Restaurants Around the World—Edited by Eric Brent and Glen Merzer.
Nutritious gourmet fare. Q&A’s with the owners and chefs. Full-color photos. 2014, 282pp 7x9” $19.95.

HEALTHY HEARTY HELPINGS
– Anne Dinshah. For vegan survival at college, for hearty eaters, for people who don’t like to cook but love to eat. Nearly 100 very simple recipes. 1999, 128pp 6x9” Otobind lie-flat $8.95.

The Healthy Voyager’s GLOBAL KITCHEN: 150 Plant-Based Recipes From Around the World – Carolyn Scott-Hamilton. Travel the world without leaving your home. Recipes marked as gluten-free, low-glycemic, soy-free, low-fat, and raw food. Homemade recipe substitutions for eggs, dairy, stock, and flavorings. Also includes shopping and kitchen tips. 52 full-color photos. 2012, 256pp 7½x9½” $19.99.

HEARTY HEALTHY PIZZA: Over 100 Plant-Based Recipes for the Most Nutritious Pizza in the World –Mark Sutton. No oil added. Imaginative use of grains and legumes. 2012, 185pp 6x9” $17.99. $15


HEMPNUT COOKBOOK –Richard Rose and Brigitte Mars. Read the history and science behind this drug-free plant, an excellent protein and oil source. Explore ways to use hempnuts in vegan meals. 2004, 180pp 8x9¼” $16.95. $12

The HOMEMADE VEGAN PANTRY: The Art of Making Your Own Staples – Miyoko Schinner. Save money without spending a lot of time with this fresher, healthier, more natural approach to eating and living. Stock your pantry with wholesome staples instead of over-processed products. Condiments, soup, dairy substitutes, meat alternatives, pasta sauces, crackers & breads, granola, baking mixes. 2015, 224pp, 7¼x9¾” hard $22.99.


INCREDIALLY DELICIOUS: The Vegan Paradigm Cookbook – Gentle World. 500+ vegan dishes, incl. 120 “Rawsome” (unfired); 2nd ed/2003, 312pp color photos 8x11” $22.95.

INSTEAD OF CHICKEN— INSTEAD OF TURKEY: A Poultryless "Poultry" Potpourri – Karen Davis, PhD. New edition of recipes replacing old-fashioned poultry/egg dishes. 1999, 160pp 7x8” $42.95. $10

JAZZY VEGETARIAN: Lively Vegan Cuisine That’s Easy and Delicious —Laura Theodore. Simple healthy innovative recipes that don’t compromise flavor. Full-color photos throughout. 2011, 223pp hard 8x9½” $24.95.


The KIND DIET: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet —Alicia Silverstone. Popular actress and activist presents the benefits of an all-plant diet. Because changing lifelong dietary habits is a process and each person progresses at a different pace, the book encompasses three separate levels: Flirting, Going Vegan, Superhero. 96 full-color photos. 2009, 319pp 7¼x9½” $21.99.

KITCHEN DIVIDED: Vegan Dishes for Semi-Vegan Households —Ellen Jaffe Jones. Make vegan meals together everybody loves even if they also eat other things. 8pp full-color photos. 2013, 159pp 8x9” $19.95.

LAURA THEODORE’S VEGAN-EASE: An Easy Guide to Enjoying a Plant-Based Diet —Laura Theodore. PBS TV chef “Jazzy Vegetarian” sets out on a culinary mission to reinvent and redefine how to create and serve simple, tasty meals. Inviting tone, like chatting with an old friend. 2015. 272pp Full-color photos throughout. 7¼x10¼” hard $26.95

LET THEM EAT VEGAN! 200 Deliciously Satisfying Plant-Powered Recipes for the Whole Family –Dreena Burton. Author emphasizes whole food and low-fat recipes. Special sections on kid-friendly recipes, substituting to adjust for allergies, increasing protein in dishes, making recipes more savory or indulgent, serving suggestions, cooking techniques for quicker fixes, what role an ingredient might play in a recipe, and if you’ve got flexibility to add less or more. 16 full-color photos. 2012, 351pp 7¼x9½” $20.00.

LIVING IN THE RAW DESSERTS—Rose Lee Calabro.
Third book in the *Living in the Raw* series; this time around—desserts! Features fresh and dried fruits, nuts and seeds. 8pp full-color photos. 2007, 128pp 7x9” $16.95. $9.00.

**LORNA SASS’ COMPLETE VEGETARIAN KITCHEN** Tasty recipes. 1995, 494pp 7x10” $24.95–$20

**LOW-FODMAP AND VEGAN: What to Eat When You Can’t Eat Anything**—Jo Stepaniak, MEd. For those with digestive problems, especially irritable bowel syndrome, this food-intolerance expert has developed scrumptious recipes. Some full-color photos. 2016, 138pp 8x9” $17.95.

**The MEDITERRANEAN VEGAN KITCHEN:** Meat-Free, Egg-Free, Dairy-Free Dishes from the Healthiest Region Under the Sun—Donna Klein. Over 300 recipes which are traditionally vegan and great. 2001, 251pp 7½x9¾” $17.95–$15

**MISO COOKERY**—Louise Hagler. Miso has many nutritional benefits; savor over 70 tasty recipes. 2000, 95pp 6x9” $14.95. $7.00.

**MORE FABULOUS BEANS**—Barb Bloomfield. So many kinds, so many uses—salads, soups, dips & spreads, main dishes, even desserts. Beans are beneficial crops, and healthful. 2004, 191pp 7x8” $14.95.

**MORE GREAT GOOD DAIRY-FREE DESSERTS NATURALLY**—Fran Costigian. Select a recipe to make, or use the book as a complete course in non-dairy, egg-free baking. Acclaimed chef-instructor Fran bakes and teaches in New York City. 2006, 224pp 8x9¼” $19.95.

**The NATURAL VEGAN KITCHEN:** Recipes from the Natural Kitchen Cooking School—Christine Waltermyer. Masterful chef blends the best of both vegan and macrobiotic cuisines. Many gluten-free choices. 8pp full-color photos. 2011, 191pp 7¾x8¼” $19.95.


**NEW FAVORITES: Redesigned Recipes for Your Health**—Brook Katz. Cuisine master’s recreations of classic international dishes that you have come to love—working them into the healthier and guilt-free vegan pattern. 2000, 224pp 5x8” $11.95. $10.00.

**NONNA’S ITALIAN KITCHEN**—Bryanna Clark Grogan. Delicious Italian home-style vegan cuisine. 1998, 256pp 7x8” $14.95. $12


**NUT BUTTER UNIVERSE: Easy Vegan Recipes with Out-Of-This-World Flavors**—Robin Robertson. Creative ways to make protein-rich recipes from a variety of nut butters. Make your own nut butters that add texture and nutrition to dishes. Recipes labeled gluten- or soy-free, and options for those with nut allergies. 8pp full-color photos. 2013, 163pp 7½x9¾” $18.95.

**The NUT GOURMET: Nourishing Nuts for Every Occasion, Delicious Plant-Based Recipes**—Zel Allen. As a focal point in any dish, nuts contribute zesty flavors and essential nutrients. Buying and storing nuts, and how to make nut milk. 2006, 255pp 8x9” $19.95.

**The NUTRITIONAL YEAST BOOK—Joanne Stepaniak.** Recipes containing nutritional yeast. 1997, 144pp 6x9” $9.95. $7.00.

**PALEO VEGAN: Plant-based Primal Recipes—Ellen Jaffe Jones, Alan Roettinger.** 2014, 144pp 8x8¼” $16.95.

**The PEACEFUL PALATE**—Jennifer Raymond. Professional caterer's book of fine vegan cuisine. 1992, 125pp 8½x11” $15.00. $12


**The PLANTPOWER WAY:** Whole Food Plant-Based Recipes and Guidance for the Whole Family—Rich Roll and Julie Piatt. Full-color photos throughout. 2015, 336pp hard 10¾x9” $39.95.

**The PLANTPURE NATION COOKBOOK:** The Official Companion Cookbook to the Breakthrough Film...With Over 150 Plant-Based Recipes—Kim...


QUICK AND EASY VEGAN BAKE SALE: More Than 150 Delicious Sweet and Savory Vegan Treats Perfect for Sharing — Carla Kelly. Author of the blog, “The Year of the Vegan”, shares her secrets on how to have a great bake sale with treats that are easy to store and transport. Index of wheat-free, nut-free, soy-free options, and child-friendly recipes. 2011, 284 pp 7⅛x9” $17.95.

QUICK AND EASY VEGAN CELEBRATIONS — Alicia C. Simpson. Includes 150 festive recipes sorted by holidays. Simplifies party-planning for both vegans and non-vegans hosts. 16pp full-color photos, 2010, 296 pp 7⅛x9” $18.95.

QUICK AND EASY VEGAN COMFORT FOOD: 65 Everyday Meal Ideas for Breakfast, Lunch, and Dinner with Over 150 Great-Tasting, Down-Home Recipes — Alicia C. Simpson. Lici’s Sweet Treats Organic Bakery founder shares her secrets to satisfying the most traditional of tastes while clearing consciences and enhancing health. Good-natured, hunger-inducing banter. Fresh takes on old favorites, innovative improvisations. 2009, 239 pp 7⅛x9” $17.95.

QUICK AND EASY VEGAN SLOW COOKING: More Than 150 Tasty, Nourishing Recipes That Practically Make Themselves — Carla Kelly. Whole foods-based meals with easy-to-find economical ingredients, simple cooking techniques, and minimal prep time. Year-round cooking from hearty, comforting winter fare to light summer dinners that won’t heat up your kitchen. 8pp full-color photos. 2012, 287 pp 7⅛x9” $17.95.

QUICK-FIX VEGAN: Healthy, Homestyle Meals in 30 Minutes or Less — Robin Robertson. 150 easy recipes which draw upon numerous ethnic influences. How to maintain a “quick-fix” kitchen. 2011, 224 pp 7⅛x9” $16.99.

RAINBOW FOOD FOR THE VEGAN PALATE! — Pramoda Chitrabhanu. Create compassionate versions of traditional Indian food. 2015, 252 pp 6⅛x9” $15.00.

RAW FOOD FOR DUMMIES — Cherie Soria and Dan E. Ladermann. The raw experts from Living Light International share reasons for adding more raw food to your diet with healthy tips. Includes over 100 raw satisfying recipes for incorporating raw foods into your meals or transitioning to an all-raw lifestyle. 2013, 362 pp 7⅛x9¼” $19.95.


The RAW REVOLUTION DIET: Feast, Lose Weight, Gain Energy, Feel Younger — Cherie Soria, Brenda Davis, RD, Vesanto Melina, MS, RD. Successful approach to permanent weight loss centered on raw food recipes. It’s more than a diet; it’s a lifestyle. 2008, 238 pp 8x9” $21.95.
The REAL FOOD DAILY COOKBOOK: Really Fresh, Really Good, Really Vegetarian – Ann Gentry. The most popular recipes from her 12-years-in-business, vegan restaurant in Santa Monica. 2005, 240pp 8x9” $24.95-$20

REFRESH: Contemporary Vegan Recipes from the Award-winning Fresh Restaurants –Ruth Tal with Jennifer Houston. A juice bar morphed into 3 Toronto cafés that feed the mind, body, and soul. Quality and variety in lunch and dinner menus, vital juices and elixirs. 33pp full-color photos. 2007, 212pp 8½x8½” $25.95, $20.00.

The SAUCY VEGETARIAN –Joanne Stepaniak. Quick, healthful, no-cook sauces, dressings. 2000, 144pp 7x10” $15.95.

SCATTER VEGAN SWEETS – Wendy Gabbe Day. Unlike typical “sweets” cookbooks, all of the recipes in this book are gluten-free, oil-free, low in sugar and fat, and loaded with nutritious fruits, whole grains, seeds, nuts, and beans. 2011, 120pp 6½x8½” $12.95, $10


SIMPLY VEGAN –Debra Wasserman; nutr: Reed Mangels, PhD, RD. Good vegan recipes with nutrition guide. 224pp 6x9” 4th ed. 2006, $14.95. $10.00.


SOUP’S ON! Vegetarian Soups, Muffins & Accompaniments –Barb Bloomfield. Quick-to-cook meals with lots of flavor. 1997, 127pp 7x8” $18.95. $8

SPEED VEGAN: Quick, Easy Recipes with a Gourmet Twist – Alan Roettinger. Includes sections on essential kitchen equipment, stocking the vegan pantry, and “jumpstarting” basic homemade staples to enhance a recipe. 2010, 189pp 8x9½” $19.95.

SUPERMARKET VEGAN: 225 Meat-Free, Egg-Free, Dairy-Free Recipes for Real People in the Real World –Donna Klein. Provides the means to create a multitude of wholesome, solid, and satisfying meals without health food store specialty items or meat analogues; a true boon to those on a budget or with limited time. 2010, 169pp 7½x9” $18.95. $15

SWEET & EASY VEGAN: Treats Made with Whole Grains and Natural Sweeteners –Robin Asbell. Over 80 recipes exploring the sweet side of going vegan: cereals, snacks, and sinfully rich desserts for your next dinner party. Full-color photos throughout. 2012, 208pp 8¼x10¼” hard $35.00.

TABLE FOR TWO –Joanne Stepaniak. Oodles of quick vegan recipes designed for just two happy diners. 1996, 191pp 7x8” $42.95, $8.00.

The TACO CLEANSE: The Tortilla-Based Diet Proven to Change Your Life—Wes Allison, Stephanie Bogdanich, Molly R. Frisinger, and Jessica Morris. Full-color photos throughout. 2015, 240pp 6¼x8” $17.95.

THANKSVEGAN: A Vegan Cookbook for the Harvest Holiday —Roberta Kalechofsky and Roberta Schiff. Embedding veganism into our holidays is an important way to make them meaningful and attractive. A thank you to vegan pioneers. 2012, 80pp 7x10” $10.00.


The ULTIMATE UNCHEESE COOKBOOK –Joanne Stepaniak. For a decade, the best uncheese work available; vegan "cheeses" substitute for the traditional cheeses and dishes. Improved and expanded with more info. 2003, 192pp 8x9” lie-flat $19.95.

UNPROCESSED: How to Achieve Vibrant Health and Your Ideal Weight—Chef AJ. Tells her personal story of addiction to processed foods and how she reclaimed her health. Raw and cooked recipes. 2011, 178 pp 6x9” $19.95.

The URBAN VEGAN: 250 Simple, Sumptuous Recipes from Street

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Vegan Deli: Wholesome Ethnic Fast Food —Joanne Stepaniak. Make fast foods as found in old-fashioned deli using only vegan ingredients. 2001, 191pp 7x9” $15.95.

Vegan Diner: Classic Comfort Food for the Body & Soul —Julie Hasson. From breakfast to dinner, diner foods that are vegan, healthier, but still mouth-watering and easy to make. 36pp full-color photos. 2011, 192pp 7½x9½” $19.95.

Vegan Eats World: 300 International Recipes for Savoring the Planet —Terry Hope Romero. Showcases the building blocks of cuisines: spices, herbs, and grains. Add seitan, tofu, or veggies and the possibilities are endless! 36pp full-color photos. 2013, 397pp 8½x10” hard $35.00. $30

Vegan Express —Nava Atlas. 160 recipes, from soups to sweet treats, with a grand array of globally inspired main dishes to satisfy hungry people with busy schedules. 8pp full-color photos. 2008, 248pp 8x9” $18.95.

The Vegan Family Favorites: Tasty and Satisfying Recipes Even Your Kids Will Love—Erin Pavlina. From the host of VegFamily.com and parents networked around the world through the site; 200 family-tested, easy-prep recipes for every day and special occasions. 2006, 270pp $19.95. $15.00.

Vegan family meals: Real Food for Everyone—Ann Gentry. More than 100 whole-food, deliciously fresh recipes; some are gluten-free. Pantry sections on unfamiliar ingredients. 50pp full-color photos. 2011, 272pp 7½x9½” hard $25.00.


Vegan Fire & Spice: 200 Sultry and Savory Global Recipes —Robin Robertson. Your culinary passport to world cuisines ranging from mildly spiced to nearly incendiary. Explore food of the Americas, Mediterranean Europe, the Middle East and Africa, India, and East Asia. Make traditional dishes using readily available ingredients. Best of all, you can adjust the heat yourself and enjoy these recipes hot—or not. 2008, 238pp 7½x9” $18.95.

Vegan Food Gifts: More than 100 Inspired Recipes for Homemade Baked Goods, Preserves, and Other Edible Gifts Everyone Will Love—Joni Marie Newman. Here’s a bounty of ideas for colorful, creative, delicious gifts that everyone deserves to receive. Well-illustrated edibles inspire you to remember how much fun it is to give. Assembly required. Full-color photos throughout. 2012, 192pp 7½x9½” $19.99.

Vegan for the Holidays: Celebration Feasts for Thanksgiving through New Year’s Day —Zel Allen. Traditional recipes...


The VEGAN KITCHEN —Freya Dinshah. This timeless classic is believed to be the first U.S. cookbook to use Vegan in the title in 1965. Vegan food variety, equipment, shopping, salads, main dishes, vegetables, breads/crackers, soups, desserts and party treats, etc. Vegan cheeses, milks, creams, ice creams, shakes, spreads; tofu items. 300+ recipes; 4 weeks’ menus—simple to gourmet; 13th ed./2d prtg.1997/2004, 96pp 8½x11" Otabind lie-flat $9.95.


VEGAN MEALS FOR ONE OR TWO: Your Own Personal Recipes —Nancy Berkoff, RD. Designed so that you can use ingredients the way they come packaged. 2001, 216pp 6x9" $45.99. $10.00.

VEGAN MEXICO: Soul-Satisfying Regional Recipes from Tamales to Tostadas—Jason Wyrick. Delicious recipes that capture the flavors of authentic Mexican cuisine. Full-color photos throughout. 2016, 246pp 7½x9" 22.95

VEGAN ON THE CHEAP: Great Recipes and Simple Strategies that Save You Time and Money —Robin Robertson. Thoughtful tips to efficiently purchase, prepare, and store quality foods are interspersed among 150 tasty and well-presented creations. 2010, 271pp 6x9" $17.95.

VEGAN PIE IN THE SKY: 75 Out-of-This-World Recipes for Pies, Tarts, Cobblers & More—Isa Chandra Moskowitz & Terry Hope Romero. Comfort, delight, love from sweet fruit pies to rich cheesecakes, exquisite whipped cream to mouth-watering chocolate treats, along with irreverent commentary, from these award-winning chefs 2011, 238pp 6½x7" $17.99–$12.


The VEGAN SLOW COOKER: Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone (Vegan or Not!) Will Devour —Kathy Hester. Delicious and inexpensive recipes for any meal of the day. Many soy- and gluten-free recipes. 240pp 7½x9¼" $19.99.

The VEGAN SCOOP: 150 Recipes for Dairy-Free Ice Cream That Tastes Better Than the “Real” Thing —Wheeler del Torro. Bursting with innovative flavor combinations, tasty toppings, and irresistible accompaniments, these recipes are more nutritious than traditional ice cream. 112 full-color photos. 2009, 240pp 7½x9¼" $19.99. $15.00.

VEGAN SEAFOOD: Beyond the Fish Shtick for Vegetarians —Nancy Berkoff EdD RD. 2008 96pp 6x9 $12.00.


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VEGAN UNPLUGGED: A Pantry Cuisine Cookbook and Survival Guide – Jon Robertson. Uses only non-perishable pantry foods to make quick meals with limited water and fuel. Use in the event of emergency/power failure, or when you simply have fifteen minutes or less to cook. 2010, 212pp 7⅛x7½” $14.95.


VEGANIZE THIS! From Surf & Turf to Ice-Cream Pie—200 Animal-Free Recipes for People Who Love to Eat – Jenn Shagrin. A comédienne by day makes this a fun read with vegan versions of popular foods such as mock meats and dairy substitutes. 8pp full-color photos. 2010, 270pp 7⅛x9¾” $49.99 $15.00.

VEGANICOMICON: The Ultimate Vegan Cookbook — Isa Chandra Moskowitz, Terry Hope Romero. The hip sassy authors have written a mammoth master cookbook with ethnic cuisines, ingredients, and flavors from around the world. Includes a table of contents and two indexes so you can find recipes alphabetically or by categories marked by icons. Icons above recipes indicate gluten-free, low-fat, under 45 minutes to prepare, soy-free, or made with supermarket-friendly ingredients. 16pp full-color photos. 2007, 298pp 8½x10” $27.50. $22

VEGANS KNOW HOW TO PARTY: Over 465 Vegan Recipes, Including Desserts, Appetizers, Main Dishes, and More – Chef Nancy Berkoff, EdD, RD. A comprehensive guide from the Vegetarian Resource Group. Includes basic party planning for adults and children, egg substitutes, napkin folding, hiring entertainment, cooking for a crowd, sample recipe conversions from a small recipe to a large recipe and vice versa, accommodating people with diabetes, working with a caterer, and more. 8pp full-color photos. 2011, 384pp 8½x11” $24.95.

VEGETARIAN TIMES EVERYTHING VEGAN: 250+ Easy, Healthy Recipes for Food Lovers and Compassionate Cooks — Edited: Mary Margaret Chappell. Vegetarian magazine leader offers something for everyone. Section on menu ideas that includes holidays, helpful tips on serving, time-savers, meat substitutes, and more. 2011, 368pp hard 7⅛x9¼” $29.95.

VENTURE SOME VEGAN COOKING: Bold Flavors for Meat- and Dairy-Free Meals – J. M. Hirsch and Michelle Hirsch. Mother and son team uses flavors from around the world to put a new face on vegan cuisine. 2004, 210pp 8x9¼” glossy paper/full-color photos $21.95. $16


WILD ABOUT GREENS: 125 Delectable Vegan Recipes for Kale, Collards, Arugula, Bok Choy, and other Leafy Veggies Everyone Loves — Nava Atlas. Learn the basic methods of preparing dark leafy greens including sautés, braises, and stir-fries. Combine greens with veggies, grains, beans, and pasta; include them in soups, stews, salads, and smoothies. Tips are also included.


VIVA VEGAN! 200 Authentic and Fabulous Recipes for Latin Food Lovers – Terry Hope Romero. Drawing on her rich cultural background, Terry Hope Romero’s recipes cover foods from all over Latin America and the Caribbean. Suitable as both an introduction and for those experienced with Latin American cuisine. Lists Latin kitchen tools and pantry staples. 12pp full-color photos. 2010, 300pp 7⅛x9¾” $18.95.

The VOLUP Tuous VEGAN — Myra Kornfeld with George Minot. Over 200 “sinfully” delicious gourmet-style vegan recipes by an NYC restaurant chef and cooking instructor at Natural Gourmet Cooking School. 2000, 305pp 7⅛x9¼” $18.00. $12.00.

WARMING UP TO LIVING FOODS — Elysa Markowitz 1998, 143pp 7x8” $14.95. $12.

WELCOMING KITCHEN: 200 Delicious Allergen- & Gluten-Free Vegan Recipes — Kim Lutz with Megan Hart, MS, RD. This durable little book provides tasty recipes free of peanuts, tree nuts, soy, wheat, and sesame. 2011, 255pp 6⅝x7¾” hard $17.95.

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on freezing and dehydrating greens, 8pp full-color photos. 2012, 223pp 8x10” hard $24.95.

The WILD VEGAN COOKBOOK: A Forager’s Culinary Guide (in the Field or in the Supermarket) to Preparing and Savoring Wild (and Not So Wild) Natural Foods —“Wildman” Steve Brill. Learn to use, sustainably and safely, the wild plants that thrive in local parks, woodlands, fields, and other open spaces, as well as the underused natural foods in markets. 2010 (originally published 2002 as The Wild Vegetarian Cookbook), 525pp 8x9” $27.95.

WORLD VEGAN FEAST: 200 Fabulous Recipes from Over 50 Countries –Bryanna Clark Grogan. Unique dishes developed over many years of travel, study and research by a renowned vegan cookbook author. Recipe icons for ready-in-under-30-minutes, gluten- and soy-free, plus sidebars and tips. 8pp full-color photos. 2011, 269pp 7½x9” $19.95.

YOU DON’T HAVE TO BE VEGAN TO ENJOY THESE MEALS: Healthy Eating, Healthy Bodies, Through Healthy Scrumptious Foods –Carol Fitzgerald. Personal notes and wellness tips enliven this book of tempting recipes, and menus—try them instead of going on a diet! 65 full-color photos. 2010, 147pp 8½x10½” hard $24.95. $18.00.

YOU WON’T BELIEVE ITS VEGAN: 200 Recipes for Simple and Delicious Animal-Free Cuisine –Lacey Sher and Gail Doherty. Earthy to elegant user-friendly recipes from gourmet chefs and former restaurateurs. Tips for veganizing recipes and adding raw foods into your meals, kid-friendly foods, and easy live foods recipes. 2008, 224pp 7x9” $47.95. $15.00.
NEARLY-VEGAN COOKBOOKS

Most recipes are vegan; some have an animal ingredient (such as honey) to be easily replaced.


EAT FOR STRENGTH – Agatha Thrash MD. Recipes/menus for regular or special needs. Written from SDA standpoint; (honey). 1983, 222pp (1978, oil free 225pp) 7x9½” $8.95. $6 [Specify: regular or oil-free edition]


FAMOUS VEGETARIANS & THEIR FAVORITE RECIPES: Lives & Lore from Buddha to the Beatles – Rynn Berry. Bits of lives of past/present notable vegetarians and something of what they ate. 1999, 239pp 6x9” $15.95. FREE with any purchase while supplies last.

The New FARM VEGETARIAN COOKBOOK – Louise Hagler & Dorothy Bates. This is a more health-conscious version of the ’70s Hippie Cookbook from the folks in Summertown, Tennessee. (Some honey). 1989, 224pp 6x9” $14.95. $5


The INDIAN VEGETAN KITCHEN: More Than 150 Quick and Healthy Homestyle Recipes – Madhu Gadia, MS, RD. Complete with nutritional analysis, notes on serving, history, and variations. (Optional ghee) 2009, 234pp 7½x9¼” $18.95. $10.00.

LIVE FOODS LIVE BODIES! Recipes for Life – Jay and Linda Kordich. Book divided into three parts. Part 1 is story of Jay’s recovery from cancer through healing juices. Part 2 is a guide for transition to a raw foods diet and the tools and appliances needed. Part 3 is over 100 recipes. Full-color photos throughout. (honey) 2013, 233pp 7½x9¾” $18.95 $15.00

LIVING IN THE RAW GOURMET – Rose Lee Calabro. Raw food can be combined with love to create a fantastically varied cuisine. That is the magic you will find in these pages; (honey). 2005, 320pp 7x9” $19.95. $12.00.

LIVING IN THE RAW COOKBOOK – Rose Lee Calabro. Raw food can be combined with love to create a fantastically varied cuisine. That is the magic you will find in these pages; (honey). 2005, 320pp 7x9” $19.95. $12.00.

The OPTIMAL DIET: The Official CHIP (Coronary Health Improvement Project) Cookbook – Darlene Clayne MSc, NCP, Hans Diehl DrHSc, MPH, FACN. Recipes to reverse & prevent: obesity, high blood pressure, high cholesterol, diabetes, heart disease. Easy to read print. 18pp full-color photos. (honey). 2007, 166pp 8x10” spiral $24.99. $18.00.


The SHOSHONI COOKBOOK: Vegetarian Recipes from the Shoshoni Yoga Retreat – Anne Saks and Faith Stone. About 180 fine recipes; (honey). 1993, 208pp 8x9¼” $14.95. 7.00

SOAK YOUR NUTS: Karyn’s Conscious Comfort Foods – Karyn Calabrese. Vegan except honey, half are raw. 2013 180pp 8x9½” $19.95

SOYFOODS COOKING FOR A POSITIVE MENOPAUSE – Bryanna Clark Grogan. Soy: one of the best sources of isoflavones—natural plant compounds which are protective in the human organism in many ways. 150+ recipes incorporating soy. 1999, 192pp 6x9” $12.95. $7.00.

TASTE & SEE: Allergy Relief Cooking – Penny King. Kitchen tested recipes using NO meat, dairy products, vinegar, sugar, wheat, baking powder, eggs; minimal salt and fat; (some honey). 1992, 254pp 6x9” comb $11.95. $5.00.

TASTEFULLY VEGAN: Creative Vegetarian Cooking – Kathryn McLane, RN and Gerald McLane, DrPH. Revised 4th Edition. Large collection of recipes with nutritional information, glossary, shopping tips; seasonal and special occasion menus. Color photos; (some honey). 2005, 348 pp 6x9” spiral $22.95. $10.00.

A Good Cook... TEN TALENTS: Natural Foods - A Diet from the Garden of Eden – Rosalie Hurd, BS, Frank J. Hurd, DC, MD. New updated expanded pictorial edition of a classic favorite; (some honey). 2008, 674pp 7x9” plastic-ring $34.95 $30.00

VEGAN HOMESTYLE: Simple
Recipes for Healthy Living — Kay Hansen. From Oregon’s Emerald Valley Wellness Center. 240+ recipes. 19pp full color photos. Optional honey. 2006, 249pp 7x9¾” hard/spiral $24.95. $15.00.

VEGAN SUCCESS: Scrumptious, Healthy Vegan Recipes for Busy People — Susan C. Daffron and James H. Byrd. One of the Logical Guides Series: Practical Solutions to Everyday Problems. 120 short, creative recipes for people who don’t want to eat fast food. Includes on Being Vegan; Vegan Glossary; Vegan Shopping List – Naming Names, Reading Labels; and Faking It; dairy/egg substitutes. (some honey, but suggest using substitutes) 2006, 214pp 6x9” $16.00. $8.00.

VEGETARIAN COOKERY: Energy! Efficiency! Endurance! – Dr. Pietro Rotondi, DC. 400+ recipes (mostly vegan). Classic. 1948, 156pp 5¼x8¼” $7.95 $5.00

The VEGGIE QUEEN: Vegetables Get the Royal Treatment, With More than 100 Seasonal Recipes — Jill Nussinow, MS, RD. Here, vegetables truly get the royal treatment, each chapter brimming with seasonal recipes and author’s vegetable adventures. A little honey, mayo. 2005, 132pp 7x10” $19.95 $12.00
DVDs

A DELICATE BALANCE: The Truth —Aaron Scheibner. Highly regarded researchers disclose dangers to health and the environment from consuming animals. DVD, 2008, 1:24, $24.95, $10.00.

DIET FOR A NEW AMERICA Your Health, Your Planet —John Robbins. American diet is a recipe for personal and environmental disaster. How one can make a difference. DVD 1991, 1:00, $24.95 $10.00.

A DIET FOR ALL REASONS — Michael Klaper MD. Fine illustrated talk about healthy, environmentally-good vegan fare. DVD, 1992, 1:00, $22.00 $10.00.

DIGESTION MADE EASY: A Journey Through Your Amazing Digestive System—Michael Klaper MD. Entertaining and easy-to-understand lecture illustrates how digestion and absorption work, how to keep digestion functioning optimally, and how to avoid or heal common diseases. DVD, 2011, 0:67, $20.00.


The ENGINE 2 KITCHEN RESCUE: Learn to Live Plant-Strong! —Rip Esselstyn. Former Texas firefighter guides two families on how to take control of their own health. Includes recipes and bonus meal. DVD, 2011, 0:52, $20.00.

The EVERYDAY DISH: Vegetarian and Vegan Meals for Everyone —Bryanna Clark Grogan, Dreena Burton, Julie Hasson. Accomplished cooks share 15 favorite vegan recipes from family friendly meals, comfort foods, to desserts. Bonus and printable recipes. DVD, 2007, 2:00, $49.95. $10.00.

FASTING CAN SAVE YOUR LIFE: For serious conditions; actual 30-day fasts; interviews: —Drs. Goldhamer, Criddland, other DC’s & MD’s. DVD, 1998, 1:07, SALE $10.00.

FASTING: Safe and Effective Use of an Ancient, Powerful Healing Therapy—Michael Klaper MD. Informative and lively presentation explains the benefits and procedures of fasting and names several conditions that a fast can improve or heal. DVD, 2011, 0:55, $20.00. (Also available as CD $15)

FORKS OVER KNIVES—Lee Fulkerson. Examination of the claim that most degenerative diseases can be controlled, or even reversed, by adopting a vegan diet. Under doctors’ supervision, patients with chronic conditions experience challenges and triumphs on their journeys to health. T. Colin Campbell and Dr. Caldwell Esselstyn DVD, 2011, 1:36, $25.00. $20.

FROM TABLE TO ABLE: Combating Disabling Diseases with Food—Michael Greger MD. 2014, 60mins $10.00.

GOT THE FACTS ON MILK? —www.milkdocumentary.com. An award-winning humorous yet shocking expose that addresses the truths and myths about this common beverage staple. DVD, 2011, 1:28, $25.00 $5.00.

LATEST IN CLINICAL NUTRITION—Michael Greger MD. Yearly compilations of the most important findings from the world’s scientific nutrition literature. Descriptions at www.DrGreger.org/DVDs.

Vol 3: 2-DVD set, 2009, 3:00 total.
Vol 4: 2-DVD set, 2010, 3:00 total.
Vol 8: 2012 1:49.

Vol 17, 18, 19, 20: 2014, Each 100-120 mins
All Clinical Nutrition DVDs $20.00 $10.00 each volume

MAD COWBOY: The Documentary —Voice for a Viable Future. Based on the book by Howard Lyman with Glen Merzer. See what’s happening to farms in Montana and elsewhere. Meet Howard’s wife, Willow Jean, his best asset! Listen to activists throughout the world. DVD, 2005, 0:58, $19.95 $10


PEACEABLE KINGDOM: The Journey Home—Tribe of Heart. A unique documentary that blends both the horrors of farmed animal abuse...
with a humanizing portrayal of people formerly involved in industries that contribute to it. A few brief graphic clips. DVD, 2010, 1 hr. 18 mins, $25.00, $15

The PLEASURE TRAP: Mastering the Hidden Force that Undermines Health and Happiness —Douglas J. Lisle PhD. (Based on the book) Three lectures show how smart people become saboteurs of their own well-being, how to get along without going along. DVD, 2004, 2:45, $24.95: $10

RAW FOOD MADE EASY: For 1 or 2 People —Jennifer Cornbleet. A highly regarded Chicago-based cooking instructor shares favorite no-cook recipes in smaller quantities—a big help for those beginning to explore raw food preparation. BOOK 2012, 216pp 7¼ x9” color photos DVD with 11pp booklet, companion to bestselling book. 2007, 2:00 $19.95, $10

Book $42.95 & DVD together $25

UPROOTING THE LEADING CAUSES OF DEATH —Michael Greger MD. Cutting-edge medical information encapsulated in an easily assimilated manner. DVD, 2012, 1:00, $10.00.

VEGUCATED —Marisa Miller Wolfson. Engaging documentary that follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks to learn what it’s about. Showcases the rapid and at times comedic evolution they go through in a culture that seems dead set against them changing. DVD, 2011, 1:15, $19.95.

### AUDIO-CDs

**ANIMAL SONGS**—Will Tuttle (Composer, pianist) An inspiring presentation of his original piano music blended with voices of animals and nature. 12 songs, CD, 1997, 60:45, $15.00 $5.00.

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Dr. Michael Klaper

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- Exercise; Stress Management
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- Healthy Heart & Arteries I & II

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**FASTING: Safe and Effective Use of an Ancient, Powerful Healing Therapy**—Michael Klaper, MD. Informative and lively presentation explains the benefits and procedures of fasting and names several conditions that a fast can improve or heal. 2011, 0:55 CD $15.00. (Also available as DVD $20)

**LIVING IN HARMONY WITH ALL LIFE: A Discourse on the World Peace Diet**—Will Tuttle, PhD. (See book The WORLD PEACE DIET under *Veganism*) CD, 2005, 1:17, $5.00.

**VEGETARIANISM IN A NUTSHEL** —Bruce Friedrich, PETA. Argues that only the vegan diet can seriously deal with health, and environmental problems. CD, 1989, 1:07, $5.00. $3

**The WORLD PEACE DIET: Eating for Spiritual Health and Social Harmony** —Will Tuttle, PhD. Audio Book. Examines cultural traditions and has vignettes of personal experience. Author is musician, philosopher, and teacher. MP#3 CD, 2008, 13:26, $20.00 $10


### VHS VIDEOS

**All VHS Videos are given free. Please donate to cover cost of postage.**

All videos are NTSC (U.S.) format, SP (Standard Play) speed for maximum fidelity, except as noted.

**ABSOLUTELY TOFU (1 & 2)** Chefs’ step-by-step demo making many tasty vegan dishes. Incl. recipe booklet. **Video 1:** 7 recipes, plus visit to tofu factory. **Video 2:** 6 other flavorful dishes; meet some folks who grow food “organically.” “VHS Video, 1996, 1:00. Specify Tofu #1 or Tofu #2, $24.95 $5.00 each; SET/$44.50/$10.00.

**CHERIE SORIA’S RAW FOOD CLASSES:**

- **Forget Cooking:** 1993, 1:52;
- **Kitchen Gardening:** 1995, 2:02;
- **Angel Foods:** 1997, 1:05.

Each VHS Video $12.00 $5.00.


**A DIET FOR ALL REASONS** —Michael Klaper, MD. Fine illustrated talk about healthy, environmentally-good vegan fare. VHS Video, 1992, 1:00, $5.00.

**FASTING CAN SAVE YOUR LIFE:** For serious conditions; actual 30-day fasts; interviews: —Drs. Goldhamer, Cridland, other DC’s & MD’s. VHS Video, 1998, 1:07, SALE $5.00.

**FOOD WITHOUT FEAR** —VSUK Powerful message, meat’s impact: health, animals, environment, famine. VHS Video, 1989, 0:20, $23.50 $5.00.

**TRUTH OR DAIRY** —Powerful outline of non-animal living; especially attractive to modern generation. VHS Video, 1994, 0:22, $17.95 $5.00.

**VEGAN CUISINE** —From the kitchen of the Center For Conservative Therapy, C.J. Clark demos many healthful, deli-
cious, non-animal, natural hygienic recipes, prepared with minimum of fuss and work. VHS Video, 1998, 1:29. **SALE $5**

**The VEGETARIAN CHEF** —Elaine French and other chefs preparing 15 delicious vegan low-fat, no-cholesterol recipes. Middle speed (LP); runs about 3 hours. [Note: can’t play on some VCR’s. Check yours before ordering.] VHS Video, $19.95 $5.00.

**AVS-produced VHS Videos will be given FREE. Please donate to cover cost of postage.**

Speakers available include: Robert Baker MD, Rynn Berry, Ronald Cridland MD, H. Jay Dinshah, Alan Goldhamer DC, Doug Graham DC, George Eisman RD, Ruth Heidrich, Alex Hershaft, Michael Klaper MD, Bianca Leonardo PhD, Howard Lyman, Allan Magaziner DO, Victoria Moran, Marc Sorenson, Agatha Thrash MD, Charles P. Vaclavik DO, and many more while supplies last.

Cooking Classes include: Chef Al Chase, Connie Holz, Heidrun Leisenheimer, Elysa Markowitz, Vesanto Melina RD, Jim & Dorothy Oswald, Jennifer Raymond, Denise Rosen, Cherie Soria, Rachel Tyldsley and many more while supplies last.

**Audio Cassette Tapes will be given FREE. Please donate to cover cost of postage.**

Speakers available include:


Also available cassettes from AVS conferences:

1989 set of 12 tapes
1991 set of 8 tapes
AMERICAN VEGAN
Magazine

BACK ISSUES
All issues include recipes and book reviews.

SPRING 2001 #1-1: Becoming Vegan; Heart Health; Health & Fitness of Lifelong Vegetarians; Plastics; Prisons. $2.00.

FALL 2001 #1-2 Articles by & about Buyukmihci Beaver Lady; Cows, Milk, Hormones, Money & Disease; Cut Breast Cancer Odds; Overfishing; Chinese Plant Based Nutrition & Cuisine Conference. $2.00.

SPRING 2002 #2-1 Coby & Hans Siegenthaler; Vegan Diets for Infants & Children; Maple Syrup; Jean Lamark. $2.00.

FALL 2002 #2-2 Environmental Impact of Meat Centered Diet; Subsidies to the Meat Industry; Flaxseed Oil; Veganic Gardening; Supplements; Pine Nuts, Politics & Public Lands. $2.00.

SPRING 2003 #3-1 Fine Tuning Our Diet; Compassionate Living: Fishes & the Flesh Industry; Colorful Palate; Coronary Health Improvement Project. $2.00.

SUMMER 2003 #3-2 NJ Invests in Soy Milk; Maximizing Vegetarian Nutrition; Reversing Diabetes Through Nutrition; Mad Cow Madness; School Meals & Nutrition; Wild Food; Vegan in College; Kid-Run Restaurant. $3.00.

WINTER 2004 #3-3 Kindness Key to Health; School Lunches; Tiger Preservation; World Vegan Day; Veg & Mortality; Soybeans Studies; Non-Violence & AR Movement; Veg Bios: Bromberg Richter, Bashevis Singer. $3.00.

SPRING 2004 #4-1: Vegan Hot Dogs; Veg Food in Ballparks; Healthful Choices Include Vegan Food in Schools; SE Asia Culinary Tour; Dying to Lose Weight (Atkins Diet); Albert Schweitzer; Food Warning. $3.00.

FALL 2004 #4-2: Summer Camp; Entertaining Family & Friends; Raw Vegan Chef; Benj. Franklin; Learning w/o Killing (Vivisection); Chicago Dining; Greatest Diet on Earth. $3.00.

SPRING 2005 #4-4: Children Can Cook; Durham Thanksgiving; Los Angeles Vegan & Fashion News; World Veg Congress- Brazil Report; The Farm TN; John Howard; Arthur Ling. $3.00.

SPRING 2005 #5-1: TN Vegan Conf Reports; Vegan Relief Work; UnCheese; Vegan Health Study; Cows & Global Warming; Donald Watson; Firefighters Go Vegan. $3.00.

SUMMER 2006 #6-1 Tale of Two Elephants; Human Circus; Christians Go Vegan; Indian Dishes Made Vegan; Culinary Arts; Your Diet Matters; G. B. Shaw; Diabetes; Book & Cook Eric Tucker;. $3.00.

WINTER 2007 #6-2: Vegan Marketplace. $3.00.

SUMMER 2007 #6-3: Food Choices and the Environment; Vegan Diets Safe for Infants; Dairy Critics; Vegan Mamas; Vegan Bodybuilder Kenneth Williams; World Vegan Celebrations; Veganic is New Organic; John Wesley; Gretchen Wyler; Buddhism; Chinese Vegan Buffet; Vegan Cycling team. $3.00.

WINTER 2008 #7-1: The Deaf, and Animals; CSA Goes Veganic; Children Explore Plant Foods; David Gabbe Cooks; Prison Food; Food-Contamination Rules; Decline in Honeybee Population; New Image for Vegans; Philadelphia’s Journeys to Health; Morbidly Obese to Vegan; From the Mouth of the River; Vegan Baseball Gloves; Killing Dogs in Training of Doctors to End. $3.00.

LATE WINTER 2008 #7-2: New Book Listings; Book Review: Veganomicon: World Vegan Month Celebration; Einstein, Vegetarianism & World Peace; They Vow to be Vegan; Isaac Pitman: The Precisional Vegetarian; Exercise More Important than Calcium Supplements; AVS Annual Meeting. $3.00.

SUMMER 2008 #8-1: Veggie Pride Parade; Eating in Maine; Beef Recall; Cooking Classes; Feeding the Hungry; Dating Vegans (series); Vegetarians of Washington; Peace Pilgrim Centennial; Raw Lifestyle Film Festival; Dairy Farmers Send Male Cows to be Killed; Eating As If The Climate Mattered; The Environmental Consequences of Leather; Great Chefs Cook Vegan Book Review; Kids’ Shoes. $3.00.

FALL 2008 #8-2: Greatest Impact on My Life; Dating Vegans (series); Let Nature Heal; Vegan Garden Party; Raw Food Center; Vegan Ethnic Dining; Advice to Teens; Vegetarian School Lunch Resolution Passes; World Vegan Day. $3.00.

SPRING 2009 #8-4: Heather Mills and the Children of the Bronx; Letter to Obama; Siren Song of Welfare Reform; Dating Vegans (series); Best Meal in Town; Simple Boring Vitamins; Skinny Bitch Bun in the Oven—review; Unhealthful Health Foods; How & Why I Became a Vegetarian; Dietary Guidelines for Americans; Pushing the Peanut; Notices. $3.00.

SUMMER 2009 #9-1: Eating Consciously; Acting Affirmatively for Peace; Vegan Team Completes U.K. 3 Peaks Challenge; Dating Vegans (series); The Wellness Forum; Raw Crackers and Breads, Eating Vegetables (kids program); Grow Vegan (a plan of action); Notices, Reviews. $3.00.
WINTER 2009 #9-3: Chrissie Hynde: Compassionate Rocker; Veganism: Purest Form of Animal Rights; Dating Vegans (series); Michael Klaper MD; Ginger Cat B&B; Brenda Teaches Raw Foods; Food for Life Nutrition and Cooking Classes; Foods for Cancer Prevention; Pattycake Vegan Bakery; New Vegan Cheese: Daiya; Optimum Nutrition Recommendations; Intervening to Defend Whales; Notices. $3.00

SUMMER 2010 #10-1: Vegan Fine Dining, Fighting Obesity, Kyle Vincent songwriter, 15 Peaks, Bake Sale, Improving School Nutrition, Sea Shepherd Anchors Away, Chenoa Manor, Bread and Water Vegan, Personal Change, Rip Esselstyn on Dr Oz, Dating Vegans, (Brad), Notices, AVS 50th Anniv Garden Party & retrospective. $3.00

WINTER 2011 #11-1: Native Foods Opens 7th Café, Tipping Point, Dating Vegans, Criticism of Animal Experimentation, Ask Dr Pam Organic Meat, Lessons from Switzerland, Bill Clinton and Others, Nutrition Educator Program, Vegan Hotspot, VegEZ, Becoming Vegan, Veg Vine, Online Listening, Reviews, Announcements. $3.00

FALL 2011 #11-3: Church Inaction on Animal Cruelty, 30-Day Vegan Challenge, Dietary Guidelines, Jazzy Vegetarian, ChocolaTree, Vegan History, Holiday Celebrations, Breastfeeding, Dinner Dates, Doctors Discourses, Vegan Superfoods, Reviews, Announcements. $3.00

SPRING 2012 #12-1: Dating Vegans, Fashion News, Food is Largest Source of Child Abuse, Calcium, Vegan Athletes, World Vegan Feast, Nutrition & Alzheimer’s Disease, Victoria Moran & Main Street Vegan, Book & Restaurant Reviews, Ingredient Substitutions. $3.00


Fall 2013 #13-2: Mean Greens (U North Texas vegan dining hall), Midwest Prairies, Dating Vegans: Carnivore Learns Vegan, Book Reviews: Pillars of Health, This is Hope, Vegan for Her, Whole; Myanmar & Indian Cuisines; Clint Chronicles Meaty Words; Hunters; Protein; Kids’ Recipes; Bestselling Books; Art; I Became Vegan. $3.00.

Spring 2014 #14-1: Jo-Anne McArthur animal photographer; Fiona Oakes world-record marathoner; Desmond Tutu; New AVS Speakers Bureau; Fran Costigan’s Chocolate Cake; Humane Investing; Dating Vegans: Falling for Robert; Climate; Favorite Recipes Robin Asbell; Becoming Vegan; Kids and Food: Rajahimsa; Book Reviews: My Beef with Meat, No Meat Athlete, Philosophy for a Better World, Dave Loves Chickens; The Clint Chronicles; I Became Vegan; New Books; Tribute to Rynn Berry. $3.00.

Summer 2014 #14-2: Powerful Vegan Messages book by H. Jay Dinshah and Anne Dinshah; Kids’ Videos; Vegan Camp for Kids; Taft Foodmasters; Dating Vegans: Heidi Graff and Daniel Fox; Clint Chronicles: Ahimsa; The Pillars of Ahimsa; Priorities; Turlock documentary; American Vegan Editorial Team; Book Reviews: Disciples, Never Too Late to Go Vegan, and The Cheesy Vegan; Obit: Robert Goodland; more speakers AVS Speakers Bureau; I Became Vegan; My Favorite Recipes: Robin Robertson; Bryant Terry at Supper Club. $3.00.

FALL 2014 #14-3: PlantPure Nation; Vegan Generation campaign; 70 Years of Veganism; Clint Counting: I Became Vegan – Lisa Melian; Go Vegan for Your Health; Sol D’Licious Café; Dating Vegans Inflation Video; A Fiberside Chat; Climate Change; Cowspry; Main Street Vegan Academy; Book Review: Every Twelve Seconds, Fighting for Harmlessness; Dynamic Harmlessness; Rochester Area Vegan Society; Volunteering in Yosemite; Favorite Recipes: Nava Atlas. $3.00.

WINTER 2015 #15-1: Vegan Cuisine Month: how to organize an event, Vegan Catering Guide, PCRM Substitution Guide, stories from restaurants; Vegan Generation campaign; Dating Vegans Enters Relationship with Diner; Lessons from Other Justice Movements; Justice for All; Important Days for Vegans to Celebrate; Plant Based, Plant Sourced, Plant Strong, Total Vegetarian, or Vegan; Stay Cozy and Stylish; Say No to Feathers; Book Review: Becoming Vegan Comprehensive Edition; Contests; T-shirts; Miyoko Schinner. $3.00.


BOOKS

Updated February 2017

Sale prices limited to current stock.

Order from: American Vegan Society, PO Box 369, Malaga NJ 08328. Phone: 856-694-2887, Fax: 856-694-2288
Children the Vegan Way of Life, Book Reviews: The good Karma Diet, Meat Is for Pussies, Emotional Lives of Animals & Children, Kevin “Storm” Klopfer, Brook Katz’ Recipes. $3.00


WINTER 2016 #16-1: “Accelerating Vegan” cover story on Andy Lally; Eugene Veg; Remembering Dr Bill Harris; Ethical Dilemmas; Vegan Cuisine Month in Tallahassee; Farm Mondays with Kensington Kids; Connecticut Restaurants; The Language We Use Matters; Candle Café recipes; How to Plan a Gala; book reviews: The Sustainability Secret, The Starch Solution, Persimmon Takes on Humanity; Vegstock 2015 Millville NJ; I Became Vegan – Tashya Knight; Billboard Activism – California Water Shortage. $3.00.

SUMMER 2016 #16-2: “Voluntary Simplicity” issue with articles and ideas. Veganic Gardening; Ahimsa – The Big “A”; Millville Progressive Dinner; How to Host a Progressive Dinner, Vegan Food Competition, or Video-Showing Event; I Became Vegan – Ori Shavit; U.S. Veg Corp; Favorite Recipes – Laura Theodore; Vegan Cuisine Month Tasting Meals; Paradise (Cancun); Johnson & Wales University Culinary Students Showcase Vegan Menu for 5th Graders; Cowspiracy Conversation. $3.00.

AHIMSA Magazine Back Issues

INDEX, AHIMSA 25 YEARS 1960-1984. 1500+ articles and items listed. 24pp 11x15” paper #26-03 $1.00.


30th ANNIVERSARY ISSUE April/June 1990: Pre-AVS Pioneers, early history. Many pix & articles. 64pp 8½x11” $4.00.

H. JAY DINSHAH (1933-2000) Articles by and about AVS founder, a vegan pioneer. Ahimsa #41-04 32pp $5.00.

AHIMSA ISSUES/SETS:

May 1960 #01-01-Dec. 1972. Set/146 8½x11” (mostly mimeo) originals or copies. Approx. $122 value, $90.00.

1973-1989: 65 tabloids (11½x15”) nearly all originals. $70+ value, $35.00.

1990-2000: 3 tabloids, 20+ 8½x11” originals, incl. 30th Anniversary Issue. $60+ value, $30.00.

Or, order all 3 sets above, 1960-2000 (over $250 value) for $135.00.
How to Order

BOOKS, VIDEOS, DVDs: All items listed are normally in stock at AVS H.Q. in Malaga, NJ for prompt shipment by U.S. Postal Service or United Parcel Service. Prices are valid as of date of publication of this list. Please order from most recent listing.

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