

# AMERICAN VEGAN SOCIETY BOOK CATALOG

UPDATED JUNE 2018

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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 7½x9¼” \$22.00.

**BEING VEGAN: Living with Conscience, Conviction, and Compassion**—Joanne Stepaniak, MEd. 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.

**COMPASSION: THE ULTIMATE ETHIC: An Exploration of Veganism**—Victoria Moran. Vegan movement; background, what/how, vegan experience. 1997, 128pp 6x9” \$7.95.

**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. 2<sup>nd</sup> 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. 25<sup>th</sup> Anniversary Edition 2012, 444pp 6x9” \$18.95.

**EATING VEGAN IN PHILLY**—Vance Lehmkuhl. Guide to the best vegan restaurants and vegan-friendly establishments in each section of Philadelphia. 2016, 111pp 5¼x8” \$9.99.

**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 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 5¾x8½” hard \$24.95.

**The FOOD REVOLUTION: How Your Diet Can Help Save Your Life**—John Robbins. Documents the devastating impact that eating animal products has on humans, animals, and the land. 10<sup>th</sup> Anniversary Edition, 2011, 484pp 6x9” \$19.95.

**THE HAPPY VEGAN: A Guide to Living a Long, Healthy, Successful Life**—Russell Simmons. 2015, 240pp 5¼x7¼” hard \$20.00.

**HERE’S HARMLESSNESS: An Anthology of Ahimsa**—18 authors, H Jay Dinshah, Editor. Views on harmless living plus dozens of quotes from notables of past & present. 1993, 96pp 6x9” \$7.95.

**HOW TO BE VEGAN: Tips, Tricks, and Strategies for Cruelty-**

**free Eating, Living, Dating, Travel, Decorating, and More!**—Elizabeth Castoria. 2014, 224pp 5¼x7¼” \$14.95.

**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.

**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 professional punk rocker hits men with his hard talk. 2014, 309pp 5½x8½” hard \$24.99.

**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 5½x8½” \$16.95.

**The MOST NOBLE DIET**—George Eisman RD. Ethical, world aspects of food choices, 4<sup>th</sup> edition. 1994, 118pp 5½x8½” \$9.95. \$5

**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 5½x8½" \$16.95.

### **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

**PULLING THE WOOL** -Christine Townsend. Suffering/death in Australian sheep agribusiness. No wonder vegans don't use wool. 1985, 157pp 5½x8½" \$9.95. \$6

**SISTAH VEGAN: Black Female Vegans Speak on Food, Identity, Health, and Society** —A. Breeze Harper, editor. Thought-provoking discussions on life and social justice demonstrate diversity in vegan culture. 2010, 233pp 7x8½" \$22.00.

**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.

**The ULTIMATE VEGAN GUIDE: Compassionate Living without Sacrifice** —Erik Marcus. Practical advice for daily living, and challenging situations. 2009, 178pp 5½ x 8½" \$14.95. \$10

**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 5¼x8" \$12.99

**The VEGAN CHEAT SHEET: Your Take-Everywhere Guide to Plant-Based Eating** —Amy Cramer and Lisa McComsey. 2013, 270pp 4½x8" \$14.00.

**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 4¼x5¾" stapled \$8.00.

**The VEGAN SOURCEBOOK** —Joanne Stepaniak, MEd. Vegan modern history; ethics & lifestyle choices; social, environmental aspects; household items; recipes; orthodox nutrition section. 2000, 352pp 7½x9¼" \$21.95.

**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 6¼x9¼ hard ~~\$25.95~~, SALE \$15.00.

**The WEANING OF AMERICA** —Don Lutz. Case against dairy products; essays on animal rights, etc. 1997, 114pp 5½x8½" ~~\$7.95~~. \$6

**WHY I WILL ALWAYS BE VEGAN: 125 Essays from around the World**—Butterflies Katz (Editor). 2015, 132pp 8x10" \$12.12.

**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 8½x11" \$18.00.

## **BECOMING RAW: The Essential Guide to Raw Vegan Diets**

—Brenda Davis, RD and Vesanto Melina, MS, RD with Rynn Berry. A comprehensive guide to the benefits and ways to eat a raw food diet. Extensive historical, nutritional, and scientific information for both experts and novices. Explains techniques, describes cooking equipment, and provides recipes and menus. 2010, 384pp 7x10" \$24.95.

## **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 7x10" \$29.95.

## **BECOMING VEGAN EXPRESS EDITION: The Everyday Guide to Plant-based Nutrition**

—Brenda Davis RD and Vesanto Melina MS RD. Confidently construct your nutritionally-balanced vegan diet. 2013, 287pp 7x10" \$19.95.

## **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 5½x8½" \$14.95.

## **The Complete Idiot's Guide to PLANT-BASED NUTRITION**

—Julieanna Hever, MS, RD, CPT. Vital nutrients; age-appropriate food considerations; specifics for athletes, battling disease, and trying to lose weight. How to boost the value of your meals; over 45 recipes and sample menus. Applicable whole-foods Food Guide Pyramid. 2011, 352pp 7¼x9" \$18.95.

## **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.

## **EARTH VOICE FOOD CHOICE: Health. Environment. Global Survival. What's the Connection?**

—Companion DVD, 2006, 39:00, \$19.95.

## **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.

## **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 5¼x7¼" hard \$16.95. \$12

## **NUTRITION GUIDE FOR CLINICIANS. 2<sup>nd</sup> 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 PROTEIN MYTH: Significantly Reducing the Risk of Cancer, Heart Disease, Stroke, and Diabetes While Saving the Animals and Building A Better World**

—David Gerow Irving. Powerful book that links an animal-based diet to obesity in children, the drug culture, factory farming, unnecessary vivisection of animals, and the creation of poverty in developing nations. 2011, 443pp 5½x8½" \$19.95.

## **The SPROUTING BOOK: How to Grow and Use Sprouts to Maximize Your Health and Vitality**

—Dr. Ann Wigmore. 1986, 116pp 6x9" \$9.95.

## **SPROUTS THE MIRACLE FOOD: The Complete Guide to Sprouting**

—Steve "The Sproutman" Meyerowitz. 10<sup>th</sup> edition. 2013, 216pp 6x9 12.95.

## **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

## 21-DAY WEIGHT LOSS

**KICKSTART: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health**—Neal D. Barnard, MD. Menu and recipes by Jason Wyrick. Research that is cutting-edge with tasty recipes and an easy eating plan. 2011, 363pp 6x9¼" hard \$25.99.

## THE CHEESE TRAP:

**How Breaking a Surprising Addiction Will Help You Lose Weight, Gain Energy, and Get Healthy**—Neal Barnard MD. With recipes by Dreena Burton. 2017, 298pp 6½ x9½" hard \$27.00.

**The CHINA STUDY: Startling Implications for Diet, Weight Loss, and Long-term Health**—T. Colin Campbell, PhD, with Thomas M. Campbell II. Landmark, long-term studies in China show unmistakable evidence of values of plant-based human diet. A "must read" for anyone concerned about personal responsibility for own health. 2006, 417pp 6x9" \$16.95.

**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 6x9" \$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" hard \$25.95. \$15

**The ENGINE 2 DIET: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds**—Rip Esselstyn. The health plan a champion triathlete and firefighter convinced his comrades and friends to test—with spectacular results. Recipes and exercises included. 2009, 273pp 6¼x9¼" hard \$24.99.

**EVEN VEGANS DIE: A Practical Guide to Caregiving, Acceptance, and Protecting Your Legacy of Compassion**—Carol J. Adams, Patti Breitman, and Virginia Messina. The importance of having a will. 2017, 152pp 5x8" \$14.00.

**FASTING FOR RENEWAL OF LIFE** Fasting for health. 2<sup>nd</sup> ed. —Dr. Herbert M. Shelton. 1995, 314pp 5¼x8" \$12.95. \$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.

**FOOD OVER MEDICINE: The Conversation That Could Save Your Life**—Pamela A. Popper PhD ND and Glen Merzer. 32pp full-color photos. 2013, 256pp 5¾x8½" hard \$24.95.

**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 6¼x8½" \$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 personal food choices. A fun lively read with Victoria plus stories by her friends. 2015, 288pp 6x9" \$16.95.

**HEALING THE VEGAN WAY: Plant-based Eating for Optimal Health & Wellness**—Mark Reinfeld. A straightforward, medically-vetted guide to understanding how and why to cook delicious, healthy vegan meals. 16 full-color pages. 2016, 352pp, 7x9¼" \$22.99.

**HEALTH CAN BE HARMLESS**—H. Jay Dinshah. Self-help: from Jay's lectures at Natural Hygiene conferences mostly in the 1960s. Harmlessness, Happiness, Habits, Health, Humor. 1987, 80pp 6x9" \$4.95.

**HEALTH FOR THE MILLIONS** Excellent exposition of basis for better nutrition and health. 2<sup>nd</sup> ed. —Dr. Herbert M. Shelton. 1996, 316pp 5¼x8" \$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.

**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

**JUICE FASTING & DETOXIFICATION: Use the Healing Power of Fresh Juice to Feel Young and Look Great.**—Steve Meyerowitz. "The Sproutman" shows how fasting and juice therapy can fit into your busy lifestyle. 2002, 164pp 5½x8½" \$10.95.

**KILLER FISH: How Eating Aquatic Life Endangers Your Health**—Brian R. Clement, PhD, NMD, LN. Shines a compelling light on the perils of eating marine life, and the pollution of waterways we share. Offers invaluable suggestions for nutritious dietary alternatives. 2012, 173pp 6x9" \$14.95.

**LET THERE BE LIGHT**—Darius Dinshah. Theory and uses of colors for health. Practical how-to-do-it manual. 2007, 128pp 7x10" hard \$12.00.

**LOVE YOUR BODY: Eat Smart, Get Healthy, Find Your Ideal Weight, and Feel Beautiful Inside & Out!**—Talia Fuhrman. Easy to read, health book from Dr Joel Fuhrman's daughter. 2014, 306pp 5½x8½" \$16.99.

**MEGA HEALTH: The famous National Institute of Fitness Health Plan**—Marc Sorenson, EdD. Thorough and clear. 1995, (rev.) 490pp 6x9" orig. \$24.95 hard; slightly marred: \$6.50.

**MY BEEF WITH MEAT: The Healthiest Argument for Eating a Plant-Strong Diet**—Rip Esselstyn. Lots of information handy for new vegans. Recipes from Jane Esselstyn and friends. 2013, 16pp full-color photos, 287pp 6x9" hard \$25.00

**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 Wellness**—John Pierre. Physical, mental, and philosophical approach to well-being in a fun guide for an

energetic and fulfilling life. 2013 227pp 6x9" hard \$25.95.

**PLANT-STRONG: Discover the World's Healthiest Diet with 150 New Engine 2 Recipes**—Rip Esselstyn. Powerful facts prove a vegan diet can save your life. 2015, 292pp 6x9" \$15.99.

**The PLEASURE TRAP: Mastering the Hidden Force that Undermines Health & Happiness**—Douglas J. Lisle PhD. and Alan Goldhamer DC. Challenges conventional treatments for illness and unhappiness in our culture. Offers habit-changing solutions. 2003, 226pp 6¼x9¼" hard \$24.95 \$20, soft \$14.95.

**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 Waltermeyer 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 6¾x9¾" \$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 6½x9¼" 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~~. \$15

**A SANE DIET FOR AN INSANE WORLD**—Hesh Goldstein. 2013, 279pp 6x9” ~~\$20.00~~. \$15

**The SCIENCE AND FINE ART OF FOOD & NUTRITION**  
Hygienic System Vol. 2. 7<sup>th</sup> ed. —  
Dr. Herbert M. Shelton. 1996, 593pp  
5x7” ~~\$14.95~~. \$10.00.

**The SCIENCE AND FINE ART OF NATURAL HYGIENE**  
Hygienic System Vol. 1. 3<sup>rd</sup> ed. —  
Dr. Herbert M. Shelton. 1994, 420pp  
5x7” ~~\$14.95~~. \$10.00.

**SKINNY BITCH: A No-Nonsense, Tough-Love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous** —Rory Freedman and Kim Barnouin. Smart and sassy girls who tell you the truth about what you’re feeding yourself. A guide to making intelligent and educated decisions about food. 2005, 224pp 5¼x7¼” \$13.95.

**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 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~~.

**The Official Book from the Film that is Shaking the Nation: WHAT THE HEALTH --Eunice Wong with Kip Andersen and Keegan Kuhn.** Follow-up to video of same name. Shows interconnections between animal agriculture, government policies, the medical establishment, and the pharmaceutical industries. Dangers from eating animals not found in plants. 2017, 452pp, 6x9” \$23.99.

**WHITEWASH: The Disturbing Truth about Cow’s Milk and Your Health** —Joseph Keon. Nutritionist reveals why milk is unnecessary and even dangerous to our health. 2010, 333pp 6x9¾” \$19.95.

**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.



# FITNESS & SPORTS

**EAT & RUN: My Unlikely Journey to Ultramarathon Greatness**—Scott Jurek. Author tells his story of finding his path to veganism, strength, and endurance in a personal and compelling way with themes of determination, tenacity, and self-improvement. Includes whole-food-based recipes and running tips. 16 pp full-color photos. 2012, 271pp 6x9¼" hard \$26.00.

**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, 288pp 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. 3<sup>rd</sup> Edition, 2008, 376pp 7x10" \$24.95.

**HEALTHY MARTIAL ARTS**—Jolie Bookspan, PHD. A higher way of training for ALL athletes. 2009, 228p 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, 186pp 6x9" \$18.00.

**NO MEAT ATHLETE: Run on Plants and Discover Your Fittest, Fastest, Happiest Self**—Matt Frazier. Born from the popular blog of the same name with cheerful, conversational, fact-packed style. 2013, 256pp 7½x9" \$19.99.

**POWER VEGAN: Plant-Fueled Nutrition for Maximum Health and Fitness**—Rea Frey. Shows you how to meet your goals with great tips, exercises, and recipes. 2013, 295pp 6x9" \$15.95.

**RACE FOR LIFE: The Amazing Story of How One Woman Survived Breast Cancer to Take on the Toughest Races in the World**—Ruth E. Heidrich, PhD. Triathlete and fitness-record holder. 2000, 171pp 5½x8½" \$15.95.

**RUNNING, EATING, THINKING: A Vegan Anthology**—Martin Rowe. A collection of stories that explore the connections between veganism and running. 2014, 202pp 5½x8½" \$17.00.

**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, 219pp 6x9" \$20.00.

**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, 309pp 6¼x9¼" 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, 258pp 6x9" \$15.95.

**THE VEGAN ATHLETE: Maximizing Your Health & Fitness While Maintaining a Compassionate Lifestyle**—Ben Greene and Brett Stewart. 2013, 128pp 7½x9¼" \$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 bodybuilders 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, 337pp 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, 197pp 6x9" \$14.95

# VEGETARIANISM

## DEEP VEGETARIANISM –

Michael A. Fox. Challenges basic assumptions of meat-eating society considering health, world hunger, religion, and spirituality. Arguments from many perspectives. A unified theory proposed and discussed. 1999, 234pp 5½x8¼" \$19.95.

## 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.

## PLEASE DON'T EAT THE

### ANIMALS: All the Reasons You Need to Be a Vegetarian –Jennifer

Horsman and Jaime Flowers. Pocket guide for one new to vegetarianism. Concise, authoritative. Health, environmental, animal welfare, religious, spiritual info. 2007, 128pp 6x9" \$12.95.

## 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.

**The SCIENTIFIC BASIS OF VEGETARIANISM –William Harris, MD.** Nutrition, health and disease. Graphs, charts, statistical studies. 1995, 216pp 5½x8½" \$15.95.

**The SEXUAL POLITICS OF MEAT: A Feminist-Vegetarian Critical Theory –Carol J. Adams.** 10<sup>th</sup> Anniv. Edition, 2000, 272pp 6x9" \$18.95. \$10

## VOICES FROM THE GARDEN: Stories of Becoming a Vegetarian –

Ed: Sharon and Daniel Towns. Nearly fifty personal stories of motivations, concerns, and life journeys of some who decided to be vegetarians. 2001, 176pp 5½x8½" \$15.00.

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

**WHY DO VEGETARIANS EAT LIKE THAT? –David A. Gabbe.** 1994, 276pp 6¼x8¼" ~~\$11.95~~, SALE \$6.95.

# VEGETARIAN HISTORY

**ETHICAL VEGETARIANISM –**  
Walters and Portmess. Views,  
ancient to present: Pythagoras,  
Gandhi, Salt, Schweitzer, Regan,  
Singer, etc. 1999, 287pp 6x9"  
\$19.95.

**The ETHICS OF DIET: A Catena  
of Authorities Deprecatory of the  
Practice of Flesh-Eating –**Harold  
Williams. A reprint of a 19<sup>th</sup> century  
(1883) volume of mini-biographies  
of prominent persons of the ancient  
and near past espousing the flesh-  
free life. This printing introduced by  
Carol J. Adams, 2003, 396pp 6x9"  
\$24.95.

**The HERETIC'S FEAST: A  
History of Vegetarianism –**Colin  
Spencer. Excellent coverage of many  
cultures' movement remaining on or  
returning to plant-based diet. 1995,  
402pp 6x9" \$19.95.

**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.

**SONG OF INDIA –**H. Jay Dinshah.  
Four month vegan speaking tour of  
India, 1967 World Veg. Congress.  
Interviews, facts. 1973, 104pp 5x8"  
\$3.95.

# PHILOSOPHY & RELIGION

**AFTER NOAH: Animals and Liberation Of Theology** –Rev. Andrew Linzey, Rabbi Cohn-Sherbok. Compassionate views. 1997, 156pp 6x9¼” \$17.95.\$12

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

**ANIMAL SACRIFICES** –ed: Tom Regan. Religious views: vivisection, etc. 1986, 270pp 5¼x8¼” \$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.

**CHRISTIANITY AND THE RIGHTS OF ANIMALS** –Rev. Andrew Linzey. 1987, 197pp 5¼x8¼” \$12.95.

**CIRCLES OF COMPASSION: Essays Connecting Issues of Justice**—Will Tuttle PhD, Editor. 2014, 319pp 5½x8½” \$22.00.

**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” \$11.95. \$8.00

**CREATING A CHARMED LIFE: Sensible Spiritual Secrets Every Busy Woman Should Know** –Victoria Moran. 1999, 219pp 5½x6½” \$13.99.

**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.

**DEFIANT DAUGHTERS: 21 Women on Art, Activism, Animals, and the Sexual Politics of Meat** — Edited by Kara Davis and Wendy Lee. 2013, 279pp 5½x8½” \$20.00.

**The DHAMMAPADA**— Gautama Buddha. Ahimsa, roots of suffering. Vegan quotes. 1973, 24pp 7¼x10½” \$3.50.

**DISCIPLES: 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.

**The EXTENDED CIRCLE** —Jon Wynne-Tyson. Anthology of Compassion, Reverence for Life. Rev. ed. 1990, 650pp 5x8” \$19.95.

**FOOD FOR THE GODS: Vegetarianism and the World’s Religions.** —Rynn Berry. 1998, 374pp 6x9” \$19.95.

**The FORGOTTEN BEGINNINGS OF CREATION AND CHRISTIANITY**—Rev. Anders Skriver. Early Christians’ pacific and vegetarian concepts. New insights. 1990, 175pp 6x9” \$15.95.

**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 6¾x9¼” \$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.

**GOOD NEWS FOR ALL CREATION: Vegetarianism as Christian Stewardship** –Stephen R. Kaufman & Nathan Braun. A compatible view for ethical and religious beliefs. 2004, 125pp 5½x8½” \$12.00.

**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.

**INDIA’S SOCIAL MIRACLE** – Daniel P. Hoffman. Land reform by popular demand and volunteerism. 1961, 68pp 5½x8¼.” FREE with any purchase.

**The INNER ART OF VEGETARIANISM: Spiritual Practices for Body and Soul** –Carol J. Adams. How vegetarian and spiritual practices intertwine. 2000, 176pp 6x9” \$15.00. \$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.

**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.

**METAMORPHOSIS:**

**Poems to Inspire Transformation** —Vegan Poet. (Self-published by M. Katz.) Thought-provoking poetry speaks of animal, environmental, and human rights. 50 poems, 50pp full-color photos. 2008, 104pp 6x9" ~~\$20.00~~. SALE \$15.00.

**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.

**MY EXPERIMENTS WITH TRUTH: An Autobiography** —M.K. Gandhi. Card: 584pp 4¾x7" FREE with any purchase; Hard: larger type & better paper 5¼x8¼" \$7.95.

**The NEW GOOD LIFE: Living Better Than Ever in an Age of Less**

— John Robbins. Provides ideas for living a life of conscious consumption. 2010, 301pp 6½x9½" hard ~~\$26.00~~. \$20.

**THE NONVIOLENT REVOLUTION**—Nathaniel Altman. *Ahimsa* (dynamic harmlessness) in the context of environment, food, livelihood. New edition 2017, 298pp 6x9" \$12.99.

**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.

**PEACE TO ALL BEINGS: Veggie Soup for the Chicken's Soul**—Judy Carman. An inspiring resource that explores the connections between animals rights, ecology, world peace, and social justice. 2003, 280pp 5¼x7" \$18.00.

**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.

**VEGETARIAN CHRISTIAN SAINTS** —Dr. Holly Roberts, MD. Lives of 150 sainted Christians who espoused reverence for life in

nourishing their physical selves. 2004, 258pp 7½x9½" \$20.00.

**VEGETARIAN JUDAISM** — Roberta Kalechofsky, PhD. History, health, Reverence for Life. 1998, 246pp 5¼x8½" ~~\$15.95~~. \$10

# ANIMALS: ANIMAL RIGHTS & COMPANIONS

## 250 THINGS YOU CAN DO TO MAKE YOUR CAT ADORE YOU

—Ingrid Newkirk. For cat friends and friends with cats. 1998, 208pp 6½x8" \$11.00.

## An AMERICAN TRILOGY: Death, Slavery, and Dominion on the Banks of the Cape Fear River —

Stephen M. Wise. Magnificently researched, shows a single source of the three great ethical dilemmas in U.S. history. 2009, 298pp 6½x9½" hard \$26.00.

**ANIMAL LIBERATION** —Peter Singer. The book that started a revolution (1975). Unrhetorical and unemotional, Singer bases his case on moral positions already widely accepted. 1<sup>st</sup> Harper Perennial Edition 2009, 356pp 5¼x8" \$14.99.

**ANIMAL PERSUASION: A Guide for Ethical Vegans & Animal Advocates in Managing Life's Emotional Challenges**—April Lang. 2016, 108pp 6x9¼" \$7.00.

**ANIMALS, PROPERTY, AND THE LAW** —Prof. Gary L. Francione; fwd: William M. Kunstler, Esq. Rights of animals, status in law, etc. 1995, 349pp 6x9" \$24.95.

**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.

**THE ANIMALS' VEGAN MANIFESTO** —Sue Coe. Thought-provoking small art book of graphic wood-carved prints. Shows an outraged view of the myriad ways humans torment, torture, and slaughter animals—concluding with

the creatures' plea for a vegan world. 2017, 119pp 5x6" \$15.00.

## 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. 2<sup>nd</sup> ed. 2004, 425pp 5½x8¼" \$21.95.

**CASH COW: Ten Myths about the Dairy Industry**—Elise Desaulniers. Debunks common misconceptions about the dairy industry and explores how they've persuaded the general public. 2015, 168 pp 5x8" \$16.00.

**DEAD MEAT** -Sue Coe and Alexander Cockburn. Artist visits feedlots, slaughterhouse. Many paintings. 1995, 136pp 8x10" \$24.95.

**DO UNTO ANIMALS: A Friendly Guide to How Animals Live, and How We Can Make Their Lives Better**—Tracey Stewart with illustrations by Lisel Ashlock. Full-color illustrations throughout. 2015, 199pp 7½x9" \$19.95.

**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 5¼x8¼" \$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.

**EATING ANIMALS** —Jonathan Safran Foer. Novelist turns to non-fiction to explore the stories we use to justify our eating habits. Exposes horrific conditions on factory farms and in slaughterhouses. Presented with moral ferocity and unvarying generosity. 2009, 349pp 6¼x9½" hard \$25.99, soft \$14.99.

**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 5½x8½" \$15.95

**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" \$26.00.

**ETERNAL TREBLINKA: Our Treatment of Animals and the Holocaust** —Charles Patterson. The very troubling comparison of animal exploitation by humans with Hitler's "final solution." 2002, 296pp 6x9" \$20.00.

**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 5½x8¼"

\$20.00

**GROWL: Life Lessons, Hard Truths, and Bold Strategies from an Animal Advocate**—Kim Stallwood. A memoir that weaves together personal narrative, social history, and theories of activism to get readers to rethink their animal advocacy. 2014, 248pp 6x9" \$20.00.

**KINSHIP WITH ALL LIFE** –J. Allen Boone. Communicating with our animal friends. 1976 edition, 157pp 5¼x8" \$12.00.

**LIVING THE FARM SANCTUARY LIFE: The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better Every Day**—Gene Baur with Gene Stone. 2015, 306pp 7¾x9½" hard \$29.99.

**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 6¼x9¼" hard \$26.00.

**MY GENTLE BARN: Creating a Sanctuary Where Animals Heal and Children Learn to Hope**—Ellie Laks. Full of tender moments of healing, delightful barnyard antics, and wrenching stories of rescuing animals from the worst imaginable circumstances. Rehabilitated animals become healthy and in turn help heal at-risk, inner-city, and special-needs children. 2014, 269pp 6½x9½" hard \$25.00.

**ON THEIR OWN TERMS: Animal Liberation for the 21<sup>st</sup> Century**—Lee Hall. A look at the Animal Rights movement, our part in the current ecological crises, and a call for social change. 2016, 174pp 6x9" \$14.99.

**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 5½x8½" \$14.95.

**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.

**PRISONED CHICKENS, POISONED EGGS: An Inside Look at the Modern Poultry Industry**—Karen Davis, PhD. Centuries of bird abuse, up to the "free-range" farce. Give one to an ovo-vegetarian friend! 2nd Ed. 2009, 223pp 6x9" \$14.95.

**REWILDING OUR HEARTS: Building Pathways of Compassion and Coexistence**—Marc Bekoff. 2014, 215pp 5¼x8" \$14.95.

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

**The SIMPLE LITTLE VEGAN DOG BOOK: Cruelty-Free Recipes for Canines**—Michelle A. Rivera. A guide to safely transition your companion dog to a healthful vegan diet. 2009, 90pp 7x8" \$9.95.

**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.

**The ULTIMATE BETRAYAL: Is There Happy Meat?**—Hope Bohanec with Cogen Bohanec. 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 5½x8½" \$19.95.

**WHAT A FISH KNOWS: The Inner Lives of Our Underwater Cousins**—Jonathan Balcombe. 2016, 289pp 5¾x8½" hard \$27.00.

**WHEN ELEPHANTS WEEP**—Jeffrey Moussaieff Masson and Susan McCarthy. Landmark exploration of emotions of non-human animals. 1995, 291pp 6x9" hard \$23.95-\$12; smaller type, 5¼x8" card \$17.00. \$8

**WHY DOGS HUMP AND BEES GET DEPRESSED: The Fascinating Science of Animal Intelligence, Emotions, Friendship, and Conservation**—Marc Bekoff. 2013, 399pp 5½x8½" \$15.95.

**WHY WE LOVE DOGS, EAT PIGS, AND WEAR COWS: An Introduction to Carnism. The Belief System That Enables Us to Eat Some Animals and Not Others**—Melanie Joy, PhD. Examines conscious and unconscious choices made by meat-eating and vegetarian cultures. Explains why people eat meat – not just why they should not. Fosters understanding and dialogue. 2010, 204pp 5¾x8¾" \$16.95.

**YEAR OF THE GORILLA**—George Schaller. Study of gorillas in

natural habitat; very little fruit,  
mostly vegan diet. 1988, 260pp  
5 1/4x8" ~~\$16.95~~. \$10



# BABIES & CHILDREN

(books for adults)

**ABOVE ALL, BE KIND: Raising a Humane Child in Challenging Times**—Zoe Weil. 2003, 260pp 6x9” \$17.95. \$12

**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.

**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.

**EARTH VOICE FOOD CHOICE: Health. Environment. Global Survival. What’s the Connection?**—Companion DVD, 2006, 39:00, \$19.95.

**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.

**HEALTHY EATING FOR LIFE FOR CHILDREN**—Physicians Committee for Responsible Medicine with Amy Lanou, PhD. Nourish your child for optimum health and well-being. 2002, 258pp 6x9” \$14.95.

**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 5¼x7¼” \$14.95.

**YOUR VEGETARIAN BABY**—Dr. Pietro Rotondi. A modern pioneer’s helpful parenting info; some honey. 1953, 80pp 5½x8½” stapled \$4.95.

**YOUR VEGETARIAN PREGNANCY: A Month By Month Guide to Health & Nutrition**—Holly Roberts, DO, FACOG. Board Certified Ob-Gyn. shares a lifetime of expertise and wisdom that will help. Vegetarian and vegan diets expounded. 2003, 378pp 6x9” \$16.00.

# FOR CHILDREN & TEENS

## **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 8x6¾" \$10.99, \$8.00 FREE with any purchase.

**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.

**T-Shirts** at \$10.00 with book purchase. Kids' Sizes: XS 4/5, S 8, M 10-12, L 14-16.

**DAVE LOVES CHICKENS** — Carlos Patiño. A friendly purple monster from another planet doesn't understand why people eat chickens on Earth. Full-color illustrations throughout. For ages 3-8. 2013, 37pp 12x8½" hard \$16.99.

**HOW TO EAT A RAINBOW: Magical Raw Vegan Recipes for Kids!**—Ellie Bedford with illustrations by Sabrina Bedford. Full-color illustrations throughout. 2014, 60pp 9¼x9¼" hard \$17.99.

**LENA OF VEGITOPIA and the Mystery of the Missing Animals**—Sybil Severin with illustrations by Carlos Patiño. Full-color illustrations throughout. 2014, 40pp 10½x8¼" hard \$17.99.

**THAT'S NOT MY MOMMA'S MILK** —Julia Barcalow, Illust.

Kayleigh Castle. A card-cover book to read with your toddler. 2017, 16pp, 15x15" \$9.99.

**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 11½x9¼" \$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 11¼x9¼" \$16.95.

**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 8x8¾" \$14.95. \$8.00.

# ENVIRONMENT & NATURAL GARDENING

## **FOOD CHOICE AND**

**SUSTAINABILITY: Why Buying Local, Eating Less Meat, and Taking Baby Steps Won't Work**—Dr. Richard Oppenlander. 2013, 498pp 6¼x9½" \$26.99.

**The GOOD LIFE /CONTINUING THE GOOD LIFE**—Helen and Scott Nearing. Double classic by two veggie back-to-the-land pioneers. 1989, 411pp 5¼x8" \$16.95.

## **JUDAISM & GLOBAL**

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

## **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 6½x9¼" hard \$24.95

## **THE VEGAN BOOK OF**

**PERMACULTURE:**—Graham Burnett. Solution-based approaches to personal health, nutrition, well-being, gardening, foraging, and more. Includes plenty of recipes. 2014, 289pp 6¾x9½" \$24.95.

**THIS IS HOPE: Green Vegans and the New Human Ecology**—Will Anderson. Integrates environmental issues, animal rights, and veganism with a strong emphasis on human activities. 2013, 475pp, 6x9" hard \$25.95.

**WILL BONSALE'S ESSENTIAL GUIDE TO RADICAL, SELF-RELIANT GARDENING: Innovative Techniques for Growing Vegetables, Grains, and Perennial Food Crops with Minimal Fossil Fuel and Animal Inputs**—Will Bonsall. 2015, 385pp 8x10" \$34.95.

# VACCINATION

## **IMMUNIZATION RESOURCE**

**GUIDE** –Diane Rozario. Reviews, resources. 2002, 238pp 5¼x8½"  
~~\$13.95.~~ \$8.00.

## **IMMUNIZATION: The Reality**

**behind the Myth** –Walene James. Shots and cancer, brain damage, convulsions, etc. Pushes "mega dose" cures, but vaccine info good. 1995, 285pp 6x9" ~~\$19.95.~~ \$12.00.

## **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

## **The VACCINE GUIDE** –Dr.

Randall Neustaedter. Poisonous ingredients, short/long term reactions. Exemptions. 1996, 260pp 6x9" ~~\$18.95.~~ \$15.00.

## **VACCINES: Are They Really Safe**

**& Effective?** –Neil Z. Miller.

Documented record=vaccines a fiasco. 1999, 78pp 5½x8½" ~~\$8.95.~~ \$7.00.

## **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

**FAQS ABOUT THE USE OF ANIMALS IN SCIENCE: A Handbook for the Scientifically Perplexed** –C. Ray Greek, MD, and Niall Shanks. Offers readers who are not extensively educated in science a balanced critique of the practice of using animals in scientific research. 2009, 160pp 6x9" \$28.00.

**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.

**VIVISECTION/DISSECTION IN THE CLASSROOM** –Prof. Gary L. Francione and Anna E. Charlton. Conscientious Objection. 1992, 136pp 6x9" \$7.95.

# 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 8x9¼" \$14.95.

## **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.

## **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 6¼x6¼" hard \$16.95.

## **AFRO-VEGAN: Farm-Fresh African, Caribbean, & 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 7¾x9¼" hard \$27.50.

## **ANGEL FOODS: Healthy Recipes for Heavenly Bodies**

—Cherie Soria. Acquaint yourself with your own Guardian Angels and natural living. Most recipes raw. 2003, 229pp 8½x8½" \$19.95.

## **ANTI-INFLAMMATORY FOODS AND RECIPES: Using the Power of Plant Foods to Heal**

**and Prevent Arthritis, Cancer, Diabetes, Heart Disease, and Chronic Pain** —Beverly Lynn Bennett. Incorporates wide variety of power-charged foods into everyday dishes. 2017, 124pp 8x9" \$17.95.

## **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

## **APPETITE FOR REDUCTION: 125 Fast & Filling Low-Fat Vegan Recipes**

—Isa Chandra Moskowitz. Easy recipes—low in fat and sugar, without deprivation. Handy tips, nutritional breakdowns, gluten-free and soy-free options, 16pp full-color photos. 2011, 302pp 7¼x9" \$19.95.

## **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](http://AmericanVegan.org/ABC/ABC). Full-color photos throughout. 2012, 160pp 8½x11" \$24.95.

**T-Shirts** at \$10.00 with book purchase. Kids' Sizes: XS 4/5, S 8, M 10-12, L 14-16.

E-book includes gluten-free options at [amazon.com](http://amazon.com) or [bn.com](http://bn.com).

## **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 use 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 deep-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.

## **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 7¾x9¼" hard \$25.00.

## **BACON-ISH: Sultry and Smoky Plant-Based Recipes from BLTs to Bacon Mac & Cheese**

—Leinana Two Moons. Full-color photos throughout. 2016, 168pp 7½x9" \$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. \$22.00.

## **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 8¾x8" \$19.95.

## **The BEST VEGGIE BURGERS ON THE PLANET: 101 Globally Inspired Vegan Creations Packed with Fresh Flavors and Exciting New Tastes**

—Joni Marie Newman. These inspiring recipes take veggie

burgers to adventurous and extraordinary levels for vegans and non-vegans alike. 64pp full-color photos. 2011, 239pp 7½x9¼” \$19.99.

**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 8½x10¼” hard \$26.99.

**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.

**BUT I COULD NEVER GO VEGAN! 125 Recipes Zero Excuses**—Kristy Turner. Full-color photos throughout. 2014, 319pp 7½x9¼” \$23.95.

**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 CHEESY VEGAN: More Than 125 Plant-Based Recipes for Indulging in the World's Ultimate Comfort Food**—John Schlimm. Addresses the popular question “How can you live without cheese?” Mouth-watering pictures of easy recipes. Color photos throughout. 2013, 255pp 7½x9¼” \$19.99.

**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 CHINA STUDY FAMILY COOKBOOK: 100 Recipes to Bring Your Family to the Plant-Based Table**—Del Sroufe. Healthy, whole foods recipes for family members of all ages. Full-color photos throughout. 2017, 285pp 7x9” \$19.95.

**The CLASSICAL VEGETARIAN COOKBOOK: For Professional Chefs and Inspired Cooks**—Ron Pickarski. 16pp full-color photos. 2015, 400pp 8½x11¼” 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 7½x9¼” \$19.99.

**The COMPLETE GUIDE TO VEGAN FOOD SUBSTITUTIONS: Veganize It! Foolproof Methods for Transforming Any Dish into a Delicious New Vegan Favorite**—

Celine Steen and Joni Marie Newman. Successfully “veganize” recipes by simply looking up the non-vegan ingredient you want to replace. Over 200 recipes demonstrating substitutions, with step-by-step instructions for replacing everything from butter and bacon to gelatin and gouda. Also healthy alternatives to things like gluten, sugar, and fat. Fine-tune recipes to dietary needs. 40pp full-color photos, 2011, 272pp 5½x8” \$18.99.

**The COMPLETE GUIDE TO EVEN MORE VEGAN FOOD SUBSTITUTIONS: The Latest and Greatest Methods for Veganizing Anything Using More Natural, Plant-Based Ingredients**—Joni Marie Newman and Celine Steen. Successfully “veganize” recipes by simply looking up the non-vegan ingredient you want to replace. Over 200 recipes demonstrating substitutions, with step-by-step instructions for replacing everything from butter and bacon to gelatin and gouda. Also healthy alternatives to things like gluten, sugar, and fat. Fine-tune recipes to dietary needs. 40pp full-color photos, 2015, 256pp 5½x8” \$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 LOW-FAT VEGAN COOKING:**—Bo Rinaldi. Over 200 fantastic recipes that combine the benefits of low-fat and vegan eating. 2012, 320pp 7¼x9” \$18.95.

**The Complete Idiot's Guide to VEGAN COOKING** –Beverly Lynn Bennett and Ray Sammartano. 240+ healthy and compassionate recipes. Beginner-friendly tips, simple substitutions, nutritional advice. 2008, 328pp 7¼x9" \$16.95.

**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.

**The CONSCIOUS COOK: Delicious Meatless Recipes That Will Change the Way You Eat** – Tal Ronnen. Oprah's favorite vegan cookbook. Vegan dishes with flair and creativity to satisfy the most devoted meat-eater. 70pp full-color photos. 2009, 239pp 7¾x10" hard \$29.99.

**COOKBOOK FOR PEOPLE WHO LOVE ANIMALS** –Gentle World. 300+ beginner to gourmet recipes interspersed with philosophical tidbits; section for feeding dogs/cats. 2002, 192pp 7x10" \$9.95.

**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 THE WHOLE FOODS WAY: Your Complete, Everyday Guide to Healthy, Delicious Eating with 500 Vegan Recipes, Menus, Techniques, Meal**

**Planning, Buying Tips, Wit, and Wisdom** □Christina Pirello. 10<sup>th</sup> anniversary edition, extensively revised and updated, now totally vegan! 2007, 354pp 7½x9" \$18.95.

**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.

**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.

**CROSSROADS: Extraordinary Recipes from the Restaurant That Is Reinventing Vegan Cuisine**—Tal Ronnen, Scot Jones, and Serafina Magnussen. Full-color photos throughout. 2015, 301pp 8¼x10¾" hard \$35.00.

**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.

**DINING AT THE RAVENS: Over 150 Nourishing Vegan Recipes from the Stanford Inn by the Sea**— Jeff & Joan Stanford. Resort-style cooking for your own home. Full-color photos throughout. 2016, 283pp 7x9" \$19.95.

**EASY VEGAN COOKING** –Leah Leneman. 350+ delicious recipes for all occasions. 1998, 212pp 6¼x8½" \$13.00. \$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 WITH ME: Creating Community through Conversation and Compassionate Cuisine** –Mary Lawrence. Cookbook from a master vegan chef with easy recipes and allergy-free options. Includes a guide for navigating nonvegan situations. 2017, 283pp, 5½x8¾", \$19.95.

**EVA BATT'S VEGAN COOKING** –Eva Batt. By a pioneer in the Vegan Movement. Fine recipes from England. 1985, 144pp 6¼x8½" \$14.00.

**EVERYDAY RAW** —Matthew Kenney. Celebrity chef's straightforward and flavorful raw food book. 40pp full-color photos. 2008, 144pp 7½x9¾" \$19.99.

**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 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.

**FORKS OVER KNIVES™ The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year** —Del Sroufe; desserts by Isa Chandra Moskowitz. Companion to the hit documentary and book. 300 recipes that are classic and unexpected, globally and seasonally inspired, for every meal of the day, all through the year, and perfect for weight loss and to lower cholesterol. 32pp full-color photos. 2012, 319pp 7½x10" \$18.95.

**The GET HEALTHY, GO VEGAN COOKBOOK: 125 Easy & Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great!** — Neal Barnard, MD and Robyn Webb, MS. Practical kitchen help from the president of Physicians Committee for Responsible Medicine and a nutritionist make it easy to follow the best nutrition and health advice. 2010, 237pp 7x9" \$18.95.

**GET OFF GLUTEN** —JoAnn Farb. The best recipes from one of the first advocates for going gluten-free. 2008 87pp 5½x8½" \$19.95 ring \$14.00.

**GET WAISTED: 100 Addictively Delicious Plant-based Entrées** — Mary Clifton MD and Tess Challis. Color photos throughout. 2013, 160pp 8½x8½" \$24.99.

**GLUTEN-FREE TIPS AND TRICKS FOR VEGANS: All the Fab Food You Thought You Couldn't Eat**—Jo Stepaniak, MSEd. 70 scrumptious recipes encompassing baked goods, soups, hearty salads, gravies, main dishes (even pizza!), and luscious desserts. 2016, 156pp 5½x8½" \$12.95.

**The GLUTEN-FREE VEGAN: 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.

**GLUTEN-FREE VEGAN COMFORT FOOD: 125 Simple and Satisfying Recipes, from "Mac and Cheese" to Chocolate Cupcakes** —Susan O'Brien. A follow-up to *The Gluten-Free Vegan*, this book is full of healthy, delicious recipes. Includes a breakdown of gluten-free ingredients (such as flours and sweeteners), their nutrients, and how they affect the recipe's texture and flavor; a list of easy "replacers" and essential foods for any gluten-free vegan pantry. 8 full-color photos. 2012, 240pp 7x9" \$18.00.

**GREAT CHEFS COOK VEGAN**—Linda Long. Recipes from 25 award-winning chefs prove vegan food can be *haute* too. 2008, 272pp 9x10¼", 98 color photos, hard \$35.00, soft \$24.99.

**GREAT GLUTEN-FREE VEGAN EATS: Cut Out the Gluten and Enjoy an Even Healthier Vegan Diet with Recipes for Fabulous, Allergy-Free Fare** —Allyson Kramer. Tasty recipes that will make you forget they are gluten-free. Full-color photos throughout. 2012, 223pp 7½x9¼" \$21.99.

**GREAT GLUTEN-FREE VEGAN EATS FROM AROUND THE WORLD: Fantastic, Allergy-Free Ethnic Recipes** —Allyson Kramer. Full-color photos throughout. 2013, 208pp 7½x9¼" \$21.99.

**THE GREAT LIFE COOKBOOK: Whole Food, Vegan, Gluten-Free Meals for Large Gatherings** —Priscilla Timberlake & Lewis Freedman, RD. Recipes serve 20-24 people or scale down easily. 2013, 8¼x10¼" hard \$32.50.

**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 PROTEIN BOOK: Fill Up the Healthy Way with More Than 100 Delicious, Protein-Based Vegan Recipes**—Celine Steen & Tamasin Noyes. Mouthwatering, protein-packed dishes made from tofu, tempeh, beans, nuts, and whole grains. Full-color photos throughout. 2015, 176pp 7½x9¼" \$22.99

**GRILLING 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*, *Seventh Inning Stretch Tacos*, and *Midsummer Night's Asparagus*. 54 full-color photos. 2012, 252pp 7¼x9" \$20.00.

**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" Otabind lie-flat \$8.95.

**HEART 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. \$15.00 \$10.

**HEARTY VEGAN MEALS FOR MONSTER APPETITES: Lip-Smacking, Belly-Filling, Home-Style Recipes Guaranteed to Keep Everyone—Even the Meat Eaters—Fantastically Full**—Celine Steen and Joni Marie Newman. More than 200 indulgent recipes where you won't miss the meat or dairy. Recipes are coded quick and easy, low-fat, gluten-free, and soy-free. 69 full-color photos. 2011, 272pp 7½x9¼" \$19.99.

**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, 7¾x9¼" hard \$22.99.

**HOW TO EAT A RAINBOW: Magical Raw Vegan Recipes for Kids!**—Ellie Bedford with illustrations by Sabrina Bedford. Full-color illustrations throughout. 2014, 60pp 9¼x9¼" hard \$17.99.

**INCREDIBLY DELICIOUS: The Vegan Paradigm Cookbook**—Gentle World. 500+ vegan dishes, incl. 120+ "Rawsome" (unfired); 2<sup>nd</sup> 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" \$12.95. \$10

**JAZZY VEGETARIAN CLASSICS: Vegan Twists on American Family Favorites**—Laura Theodore. As seen on public television. 2013, 292pp 7¼x9½" hard \$26.95.

**JAZZY VEGETARIAN'S DELICIOUSLY VEGAN: Plant-Powered Recipes for the Modern, Mindful Kitchen**—Laura Theodore. Easy gourmet recipes for snacks, entrees, and desserts. 2018, 308pp, 8x9", \$22.95.

**JUICE + NOURISH: 100 Refreshing Juices and Smoothies to Promote Health, Energy, and Beauty**—Rosemary Ferguson. Full-color photos throughout. 2015, 193pp 7¾x8½" hard \$16.95.

**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 7½x9½" \$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 7¼x9" \$20.00.

**LOW-FODMAP AND VEGAN: What to Eat When You Can't Eat Anything**—Jo Stepaniak, MSEd. 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.

**MAIN STREET VEGAN ACADEMY COOKBOOK Over 100 Plant-Sourced Recipes Plus Practical Tips for the Healthiest, Most Compassionate You**—Victoria Moran, JL Fields. Comprehensive guide to navigating culinary, nutritional, and social landscape from over a hundred alumni certified as vegan lifestyle coaches & educators. 2017, 256pp, 7x9", \$19.95, paperback.

**MOUTHWATERING VEGAN: Over 130 Irresistible Recipes for Everyone**—Miriam Sorrell. Traditional dishes from around the world made vegan. 2013, 302pp 8x10" \$27.95.

**The NATIVE FOODS RESTAURANT COOKBOOK: Fresh, Fun, and Deliciously Vegan Recipes That Will Entice and Satisfy Vegetarians and Non-**

**Vegetarians Alike**—Tanya Petrovna. 2003, 328pp 7½x9" \$24.95.

**NATURALLY LEAN: 125**

**Nourishing Gluten-Free, Plant-Based Recipes—All Under 300 Calories**—Allyson Kramer. Good-for-you ingredients come together for tasty dishes. Full-color photos throughout. 2016, 211pp 7½x9¼" \$22.99.

**THE NEW CHICAGO DINER COOKBOOK: Meat-Free Recipes from America's Veggie Diner**—Jo A. Kaucher with Kat Barry. Full-color photos throughout. 2014, 175pp 9x8" \$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

**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 COOKBOOK**—Joanne Stepaniak. Recipes containing nutritional yeast. 1997, 144pp 6x9" ~~\$9.95~~, \$7.00.

**OH SHE GLOWS EVERY DAY: Quick and Simply Satisfying Plant-Based Recipes**—Angela Liddon. More than 100 family-friendly recipes. Simple, nourishing, and tasty. 2016, 349pp 8x10" \$27.00.

**OY VEY VEGAN: Vegan Cuisine with a Mediterranean Flare**—Estee Raviv. Tasty, creative, and easy

recipes influenced by cultures from around the world. Includes many gluten-free options. Full-color photos throughout. 2016, 214pp 8¾x10¾" \$30.00.

**PALEO VEGAN: Plant-based Primal Recipes**—Ellen Jaffe Jones, Alan Roettinger. 2014, 144pp 8x8¾" \$16.95.

**PEACE & PARSNIPS: Adventurous Vegan Cooking for Everyone**—Lee Watson. 200 Plant-based recipes bursting with vitality and flavor, inspired by love and travel. 2016, 349pp 8x10" \$27.00.

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

**PLANT FOOD:**—Matthew Kenney, Meredith Baird, Scott Winegard. Focuses on equipment and methods used for culinary innovations in raw cuisine. 2014, 160pp 7½x9¾" \$19.99.

**PLANT POWER: Transform Your Kitchen, Plate, and Life with over 150 Fresh and Flavorful Vegan Recipes**—Nava Atlas. 75 full-color photos by Hannah Kaminsky. Presents plant-food abundance for vigorous vegan eating and living! 2014, 384pp hard 7½x9¼" \$29.99.

**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 Campbell. Full-color photos throughout. 2015, 319pp 7½x10" \$19.95.

**PRACTICALLY RAW**

**DESSERTS: Flexible Recipes for All-Natural Sweets and Treats**—Amber Shea Crawley. Filled with easy recipes for scrumptious cakes, pies, cookies, brownies, puddings, candies, pastries, frozen treats, and more. Free from gluten, wheat, soy, corn, refined grains, refined sugars, yeast, starch, and other nutrient-poor ingredients. Raw desserts with baking options. Full-color photos throughout. 2013, 222pp 7½x9" \$19.95.

**The PREVENT AND REVERSE HEART DISEASE COOKBOOK: Over 125 Delicious, Life-Changing, Plant-Based Recipes**—Ann Crile Esselstyn and Jane Esselstyn. Companion to *Prevent and Reverse Heart Disease*. Nut-free and oil-free recipes. Full-color photos throughout. 2014, 270pp 7½x9¼" \$25.00.

**PROFESSIONAL VEGETARIAN COOKING**—Chef Ken Bergeron. Culinary Olympics Gold Medalist shares some of his vast expertise in producing gourmet-style vegan meals. 200 great recipes. 1999, 434pp 7x9" hard ~~\$44.95~~, \$30.00.

**PROTEIN NINJA: Power Through Your Day with 100 Hearty Plant-Based Recipes that Pack a Protein Punch**—Terry Hope Romero. Many full-color photos. 2016, 232pp 7x9¼" \$22.99.

**RAINBOW FOOD FOR THE VEGAN PALATE!**—Pramoda Chitrabhanu. Create compassionate versions of traditional Indian food. 2015, 252pp 6½x9" \$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, 362pp 7½x9¼" \$19.99.

**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. 2012, 216pp 7¼ x9" color photos \$17.95 book.

DVD with 11pp booklet, 2007, 2:00 \$19.95- \$10

Book & DVD together \$25

**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, 238pp 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.

**SHORT-CUT VEGAN: Great Taste in No Time** –Lorna Sass. Updated version of her popular cookbook with exciting recipes truly

quick and easy to prepare. 2008, 174pp 7¾x8" \$19.99.

**SIMPLE TREATS: A Wheat-Free, Dairy-Free Guide to Scrumptious Baked Goods** –Ellen Abraham. 2003, 128pp 8x9¼" \$14.95. \$10

**SIMPLY VEGAN** –Debra Wasserman; nutr: Reed Mangels, PhD, RD. Good vegan recipes with nutrition guide. 224pp 6x9" 4<sup>th</sup> ed. 2006, \$14.95. \$10.00.

**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-\$30

**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 6¾x8" \$17.95.

**TOFU 1-2-3: 125 Easy to Prepare Cholesterol-Free Recipes** — Maribeth Abrams. 2006, 240pp 8x8¼" \$19.95.

**TOFU COOKERY: 25<sup>th</sup> Anniversary Edition** —Louise Hagler. The updated and greatly expanded edition of this venerable classic! More than 30 intriguing new recipes. 42pp full-color photos. 2008, 188pp 8x9¼" \$21.95.

**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.

**V STREET: 100 Globe-Hopping Plates on the Cutting Edge of Vegetable Cooking** —Rich Landau and Kate Jacoby. Street food made vegan, beautifully served, and deeply satisfying. 2016, 228pp 7¾x9½" hard \$27.99.

**VEDGE: 100 Plates Large and Small That Redefine Vegetable Cooking** —Rich Landau and Kate Jacoby, owners of Vedge restaurant in Philadelphia. Color photos throughout. 2013, 255pp 7½x9¼" hard \$24.95 soft \$19.95.

**THE VEGAN AIR FRYER: The Healthier Way to Enjoy Deep-Fried Flavors**—JL Fields. Enjoy healthier versions of your favorite fried foods, without the oil. Full-color photos throughout. 2017, 190pp 7½x9" \$21.95.

**VEGAN BRUNCH: Home-Style Recipes Worth Waiting Up For** —from Asparagus Omelets to Pumpkin Pancakes —Isa Chandra Moskowitz. Delicious diner-style breakfasts. 92 full-color photos. 2009, 254pp 7x9" \$19.95.

**VEGAN CHOCOLATE: Unapologetically Luscious and Decadent Dairy-Free Desserts** — Fran Costigan. A top pastry chef shares her secrets to impress everyone with chocolate. Full-color photos throughout. 2013, 304pp 8x10 hard \$30.00.

**VEGAN COOKING FOR CARNIVORES: Over 125 Recipes So Tasty You Won't Miss the Meat** —Roberto Martin, chef for Ellen DeGeneres and Portia deRossi. Color photos through-out. 2013, 239pp 7½x9¼" \$18.00.

**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 7¼x9¼" \$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 finales, with a grand array of ethnically-inspired main dishes to satisfy hungry people with busy schedules. 8pp full-color photos. 2008, 248pp 8x9" \$18.95.

**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 cooking ingredients. 50pp full-color photos. 2011, 272pp 7¾x9½" hard \$25.00.

**VEGAN FINGER FOODS: More Than 100 Crowd-Pleasing Recipes for Bite-Size Eats Everyone Will Love**—Celine Steen and Tamasin Noyes. Full-color photos throughout. 2014, 175pp 7½x9¼" \$22.99.

**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 7½x9¼" \$19.99.

**VEGAN FOR THE HOLIDAYS: Celebration Feasts for Thanksgiving through New Year's Day**—Zel Allen. Traditional recipes get innovative and elegant treatment. Includes Kwanzaa, Hanukkah, and Christmas delights. 8pp full-color photos. 2012, 159pp 8x9" \$19.95.

**VEGAN HOLIDAY COOKING FROM CANDLE CAFÉ: Celebratory Menus and Recipes from New York's Premier Plant-Based Restaurants**—Joy Pierson, Angel Ramos & Jorge Pineda. Recipes from award-winning chefs for ten holidays including the Super Bowl and Cinco de Mayo. Full-color photos. 2014, 196pp 7½x9¼" \$22.99.

**VEGAN ICE CREAM: Over 90 Sinfully Delicious Dairy-Free Delights**—Jeff Rogers. Previously published as *Vice Cream*. 2014, 144pp, full-color photos 5½x8½" \$16.99.

**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; 13<sup>th</sup> ed./2d prtg. 1997/2004, 96pp 8½x11" Otatind lie-flat \$9.95.

**VEGAN LUNCH BOX: Amazing Animal-Free Lunches that Kids and Grown-Ups Will Love!**—Jennifer McCann. Winner of 2006 "Best Food Blog". Color photo insert. 2006, 295pp 7x8" \$19.95.

**VEGAN LUNCH BOX AROUND THE WORLD: 125 Easy,**

**International Lunches Kids and Grown-Ups Will Love!**—Jennifer McCann. Her second lunch-box book has two parts. Part 1 kids' vegan lunch menus from 13 regions of the world. Part 2, all the recipes. Many double as family dinner recipes, with innovative use of leftovers for lunch. 2009, 287pp 7x9" \$18.95.

**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" \$17.00. \$12

**VEGAN PLANET: 400 Irresistible Recipes with Fantastic Flavors from Home and Around the World**—Robin Robertson. Comprehensive, best-selling work. 2003 1<sup>st</sup> ed., 576pp 7x9" \$24.95. \$15.00. **Revised edition: 425 Irresistible Recipes with Fantastic Flavors from Home and Around the World** 2014, 592pp 9x8" \$19.95

**VEGAN PRESSURE COOKING: Delicious Beans, Grains, and One-Pot Meals in Minutes**—JL Fields. Full-color photos throughout. 2015, 176pp 7¼x9¼" \$22.99.

**VEGAN SANDWICHES SAVE THE DAY: Revolutionary New Takes on Everyone's Favorite Anytime Meal**—Celine Steen and Tamasin Noyes. Healthy tasty creations for every meal of the day. *Berry-Stuffed French Toast Pockets, Mango Basil Wraps, Puff Pastry Pot Pie Sandwiches, and Mango Butter & Ginger Whoopie Pies* are some innovative recipes included. A chapter on tips and tricks along with recipe icons for quick and easy, travel-friendly, and potentially gluten-free. Full-color photos

throughout. 2012, 191pp 7½x9¼”  
\$19.99.

**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 7½x7½” \$14.95.

**VEGANOMICON: The Ultimate Vegan Cookbook** —Isa Chandra Moskowitz, Terry Hope Romano. 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. \$20

**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.

**VIRGIN VEGAN: The Meatless Guide to Pleasing Your Palate** – Linda Long. Clear, comprehensive and practical advice and cookbook; great for new vegans. Most ingredients easy to find. Full-color photos, 2013, 160pp 5¾ x 8¾” hard

\$19.99.

**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 7½x9¼” \$18.95.

**WARMING UP TO LIVING FOODS** —Elysa Markowitz 1998, 143pp 7x8” \$16.95. \$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 6¼x7¾” hard \$17.95.

**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 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 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” \$17.95. \$15.00.

# NEARLY- VEGAN COOKBOOKS

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

**The OPTIMAL DIET: The Official CHIP (Coronary Health Improvement Project) Cookbook** - —Darlene Clainey 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 8x10½” spiral ~~\$24.99~~. \$18.00.

**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.

# 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.

**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/and or heal common diseases. DVD, 2011, 0:67, \$20.00.

**EARTH VOICE FOOD CHOICE: Health. Environment. Global Survival. What's the Connection?**—Todd Winant. (See book listed.) DVD, 2006, 39:00, ~~\$19.95~~ \$10.00.

**EATING (3<sup>rd</sup> Edition)**:—Michael Anderson. Discover why people eat and die as they do. Learn how to change eating habits and reverse damaged health. Introduces the RAVE diet. See book listed. DVD, 2008, 1:50, \$9.95.

**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.

**FASTING CAN SAVE YOUR LIFE:** For serious conditions; actual 30-day fasts; interviews:—Drs. Gold-

hamer, Cridland, 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)

**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](http://www.DrGreger.org/DVDs).  
**Vol 1:** 2007, 1:30.  
**Vol 2:** 2008, 1:30.  
**Vol 3:** 2-DVD set, 2009, 3:00 total.  
**Vol 4:** 2-DVD set, 2010, 3:00 total.  
**Vol 5, Vol 6, & Vol 7:** 2011, Each 1:30.  
**Vol 8:** 2012 1:49.  
**Vol 9, Vol 10, & Vol 11:** 2012, Each: 2:00.  
**Vol 12, Vol 13, Vol 14, Vol 15, Vol 16:** 2013, Each 100-120 mins.  
**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

**The MCDUGALL ADVANCED STUDY SERIES**—T. Colin Campbell PhD. **Chapter 1: The China Study, Chapter 2: Hidden Hazards of Animal Protein.** DVD, 2008, 2:22, ~~\$20.00~~, \$10

**The MCDUGALL ADVANCED STUDY SERIES: Chapter 1**—

Caldwell B. Esselstyn Jr. MD. **Arrest and Reversal—The Preferred Treatment of Coronary Artery Disease. Chapter 2**—Caldwell B. Esselstyn Jr. MD. **The Metabolic Dynamo—The Living Cells of the Arteries. Chapter 3**—Ann Crile Esselstyn. **Delicious Eating on the Healthy Heart Esselstyn Program.** DVD, 2009, 2:54, ~~\$20.00~~, \$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 ~~\$17.95~~ & 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.

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## 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, ~~\$45.00~~ \$5.00.

**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. 2011, 0:55 CD \$15.00. (Also available as DVD \$20)

**VEGETARIANISM IN A NUTSHELL** —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

**EAT LIKE A RAINBOW** —Jay Mankita. Songs to encourage healthful sustainable eating. CD, 2007, ~~\$20.00~~ \$10.00.

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## 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.

**Conference on CHINESE PLANT-BASED NUTRITION & CUISINE**, Philadelphia 2/2002—T Colin Campbell, Kushi, Cohen, Foster, Chen, Grogan, Reeser, Tseng, Fuhrman, Sciarappa and others. Set of 4 VHS Videos, 2002, 6:15, ~~\$35.00~~, ~~\$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, delicious, 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.

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# 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 2006 #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 Wylar; 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; Unhealthy 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 50<sup>th</sup> Anniversary Party & retrospective. \$3.00

**WINTER 2011 #11-1:** Native Foods Opens 7<sup>th</sup> 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

**WINTER 2012 #12-3:** New! Kids

Cookbook, Winter Coats, Sowing & Reaping, Arthritis, Tips for Busy Cooks, South Florida Buffet, Raw Magic, International Festival Report, Ultramarathoners, University Vegan Dining. \$3.00

**Spring 2013 #13-1:** Woodstock Farm Animal Sanctuary, Where Livestock Imperils Wildlife, Healthy Gourmet To-Go, Nutrition Studies Update, Ivy Vegan Conference, Villanova Veggie Mania, Sugar, Eat Well & Save \$\$, Fashion with Karen, Ag-Gag Laws, Vegan Dogs, Dating Vegans Adair & Nick Moran, Book Reviews *Unprocessed*, *Wild About Greens* and *V is for Vegan*, Clint Chronicles Dairy Words, Vegan Wedding Petzko & Vassilev. \$3.00.

**FALL 2013 #13-3:** 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<sup>3</sup> 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; *Cowspiracy*; 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<sup>3</sup> 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<sup>®</sup>, 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.

**SUMMER 2015 #15-2:** "The Compassionate Man" issue. Cover - Beyond Meat's Ethan Brown. Masculinity in America, Wisdom and Compassion, Vegan Cuisine Success, VSDC, Public Speaking Tips, Roger Frampton, John Pierre, Donating to Nonprofits, Ahimsa in Action, How to Create Potlucks, Global Population, Vegan Diets Poster, Tipping Points, Teach

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

**FALL 2015 #15-2:** “Dynamic Harmlessness” issue. Cover- Sammi Farb. Dynamic Harmlessness Day, Vaulted Vegan Cuisine, Paleo Diet, Amity with Nonvegans, World Record Banana Split, JoAnn Farb, Clint: Little Kids Can Do Good Deeds, Kids Cooking, Teachers, Veganic Gardening, BioBots, Wardrobe Success, Movie Review: *Unity*, Book Reviews: *Nourishing the Body and Recovering Health*, *Laura Theodore’s Vegan-Ease, The Restore-Our-Planet Diet*. \$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 5<sup>th</sup> Graders; *Cowspiracy* Conversation. \$3.00.

**FALL 2016 #16-3:** “Kat

Mendenhall, Dallas Texas VIP” and “Vegan Information Point” issue. Abolitionist Vegans; Meat & Dairy Addictions; Brexit and Veganism; Albany Vegan Network; Pied Piper of Pulses; Vegan Dinner at the CIA; Dynamic Harmlessness Day; The Vegan Roadie; Forty Years Vegan; Friday-Night Friends & Food; Favorite Recipes: *The Great Life Cookbook*; Vegan Footwear; Heart Over Head; Vegan Passion; Book Reviews: *The Healthiest Diet on the Planet* and *Food Choice and Sustainability*; I Became Vegan – Ellie Laks; The Gentle Barn; Tips for Hosting a Happy Holiday Party. \$3.00.

**SPRING 2017 #17-1:** “Taste of Your Town?” issue. AVS Welcomes Mary Lawrence to Council; Be Kind, Not Just Hungry; Why Eating Fish Is Not a Better Choice; Book Review: *What A Fish Knows*; Vegan Feast with Elementary Students; Happiness; Peace Pilgrim; Bring Vegan Cuisine to Your Town; Taste of Millville; Climate Change Is Not a Political Issue; Achieving Umami in Vegan Foods; International Interns; Vegan Fashion Brick ‘N Mortar Stores; Kale Café; Let’s Make Seitan; Restaurants Flip to Fully Vegan; I Became Vegan – Devin Barone; How to Do a Taste of Your Town Event; Two Opinions on the *Dietary Guidelines for Americans*; Happy 70<sup>th</sup> Birthday Marcia. \$3.00.

**SUMMER 2017 #17-2:** “Say Cheese” cover story on Miyoko Schinner. How to Get Vegan Pizza in Your Town; Family Cheesy Story; Edible Activism; Vegan Cuisine Initiatives; Learning About Veganism and World Peace from Ancient Cultures; Book Reviews: *The Cheese Trap, The Nonviolent Revolution*, and *Even Vegans Die*; I Became Vegan – Brook Katz; Raising Awareness at Church Ice Cream Social; Natural Disaster Hits Vegan Nonprofit; Glendora – Vigorous Vegan Campaigner; Obits: Regan, Schlecht, Eisman, and Fox;

Experience Positive Science of Food; Movie Reviews: *What the Health* and *Vegan Everyday Stories*; Kuwait Cooking Classes by Invitation of Royal Family; Linda Long Recipes; Veggie Pride Parade; Fredonia Showcase Dinners. \$3.00

**WINTER 2017-2018 #17-3:** “Duo Digs Veggies” cover story on Rich Landau and Kate Jacoby; Philly Vegan Awards; Recipes from Rich & Kate; AMA Calls for Healthier Hospital Food and SNAP; Companion Animals, Ahimsa, & Climate Change; Book Review: *What the Health*; I Became Vegan – Steve Faris; H.K. Shah’s Vegetarian Vision; All Vegan, All Good; Go Veganic; What Kind of World Do We Want; Obits: Gregory and Santilli; Hudson Valley Vegans; Main Street Vegan Academy Cookbook Recipes; Cape May; Play Street. \$3.00.

**SPRING 2018 #18-1:** “Vegan Pizza Changed My Life!” cover story on Ernesto Cannuscio; I Became Vegan - Harold Brown, and Lee Hall; Dr. Michael Klaper Retires from Practice to Teach MDs to Use Nutrition; Two Vegans, One Country: Germany; Vegan Generation Campaign; Veganic Gardening; Doubt Is Our Product; Obit: Coby Siegenthaler; More Effective Activism; Speakers Bureau Additions: Brown, Goldman, Pirello, and Rifkin; Vegan Information Points; The Golden Rule; What Would a Cow Say If She Could Talk; Applying the Golden Rule; Mark Simone: Vegan Chef Guy; Restaurant Review: P.S. New York; \$3.00.

## AHIMSA Magazine

### BACK ISSUES

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

**INDEX, AHIMSA 15 YEARS**

**1985-1999.** List: 100s of articles/items: issue, topic, author, title. 28pp 8½x11" \$1.00.

**30<sup>th</sup> 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")

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# AVS

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### VEGANISM:

**COMPASSION: THE ULTIMATE ETHIC: An Exploration of Veganism**—Victoria Moran. Vegan movement: background, what/how, vegan experience. 1997, 128pp 6x9" \$7.95.

**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.

**HEALTH CAN BE HARMLESS**—H. Jay Dinshah. Self-help: from Jay's lectures at Natural Hygiene conferences mostly in the 1960s. Harmlessness, Happiness, Habits, Health, Humor. 1987, 80pp 6x9" \$4.95.

**HERE'S HARMLESSNESS: An Anthology of Ahimsa**—18 authors, H Jay Dinshah, Editor. Views on harmless living plus dozens of quotes from notables of past & present. 1993, 96pp 6x9" \$7.95.

**OUT OF THE JUNGLE**—H. Jay Dinshah. Personal development in veganism, harmlessness, selfless service. 5<sup>th</sup> ed. (6<sup>th</sup> ed. is in *Powerful Vegan Messages*) 1995, 96pp 6x9" \$7.95. \$3.00

**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

### COOKBOOKS:

**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](http://AmericanVegan.org/ABC/ABC). Full-color photos throughout. 2012, 160pp 8½x11" \$24.95. **T-Shirts** at \$10.00 with book purchase. Kids' Sizes: XS 4/5, S 8, M 10-12, L 14-16.

**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" Otabind lie-flat \$8.95.

**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; 13<sup>th</sup> ed./2d prtg. 1997/2004, 96pp 8½x11" Otabind lie-flat \$9.95.

**VEGETARIAN COOKING FOR 100**—Freya Dinshah. Revised edition: 127 recipes from Vegetarian Congresses, each for 100 portions. Vegan and food reform: no sugar, spices, refined foods. 3x5" card system in handy file box. \$24.95.

Also qualifies for AVS books distribution discount:

**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.

### VEGETARIAN HISTORY:

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

**SONG OF INDIA**—H. Jay Dinshah. Four month speaking tour of India, 1967 World Veg. Congress. Interviews, facts, many pix. 1973, 104pp 5x8" \$3.95.

### PHILOSOPHY & RELIGION:

**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" ~~\$11.95~~. \$8.00

**The DHAMMAPADA**—Gautama Buddha. Ahimsa, roots of suffering. Vegan quotes. 1973, 24pp 7¼x10½" \$3.50.

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