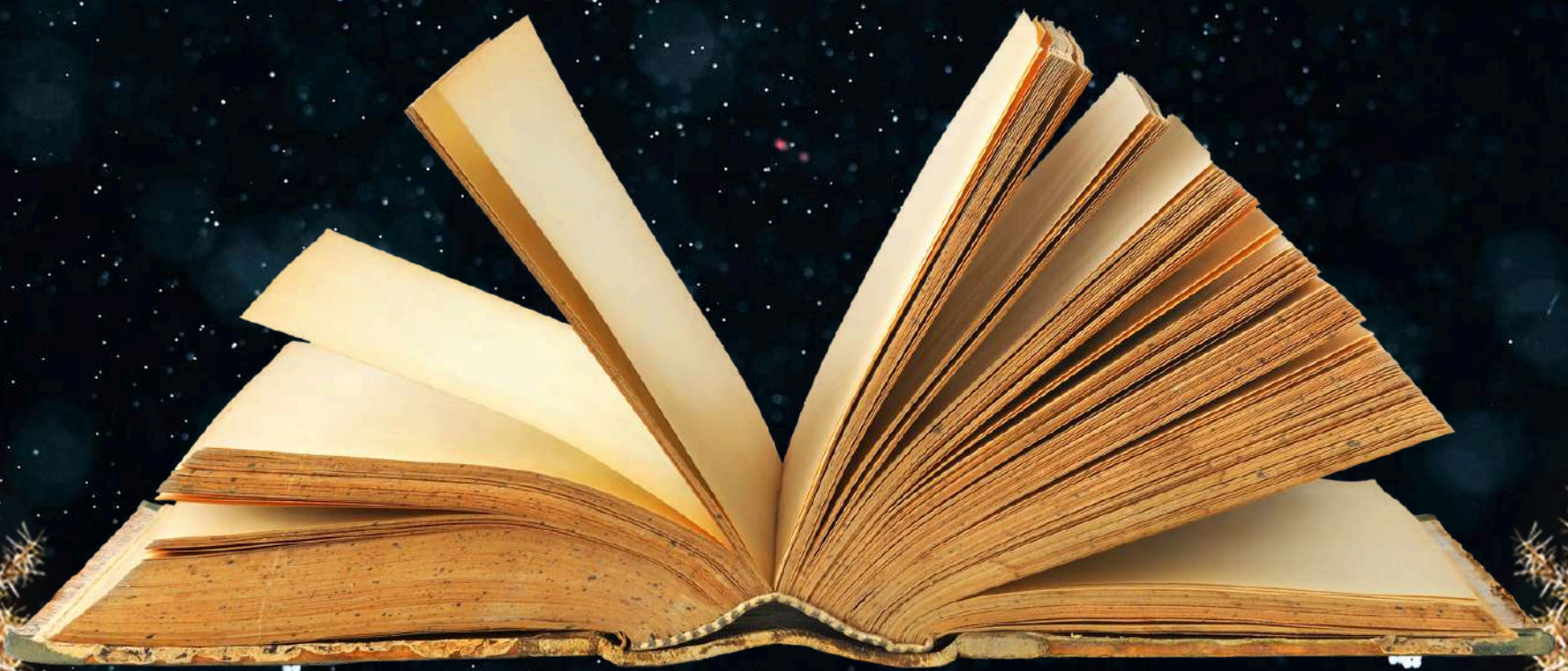




BOOKS TO READ OR GIFT THIS CHRISTMAS

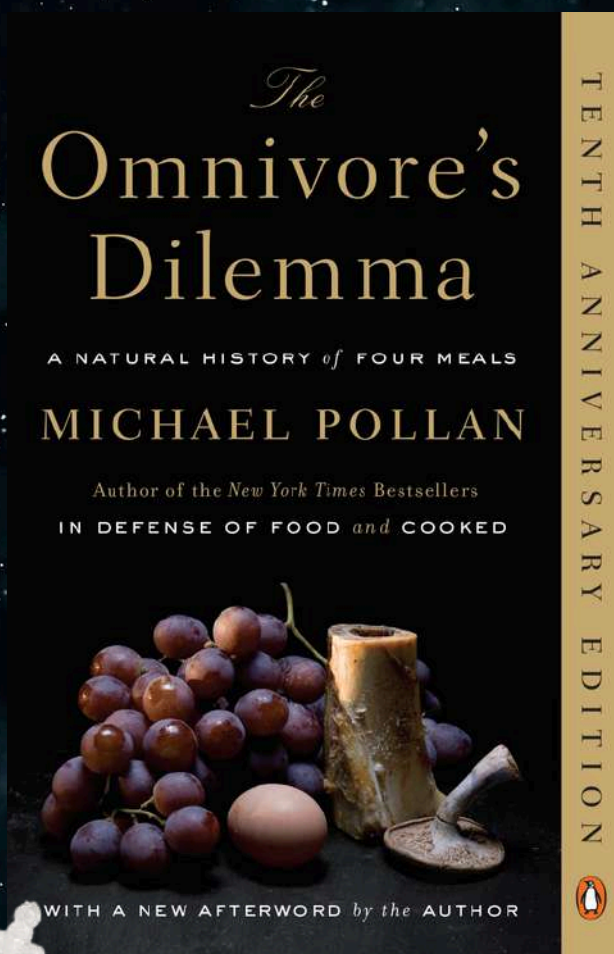


Reading ideas for a more conscious holiday season



THE OMNIVORE'S DILEMMA

by Michael Pollan

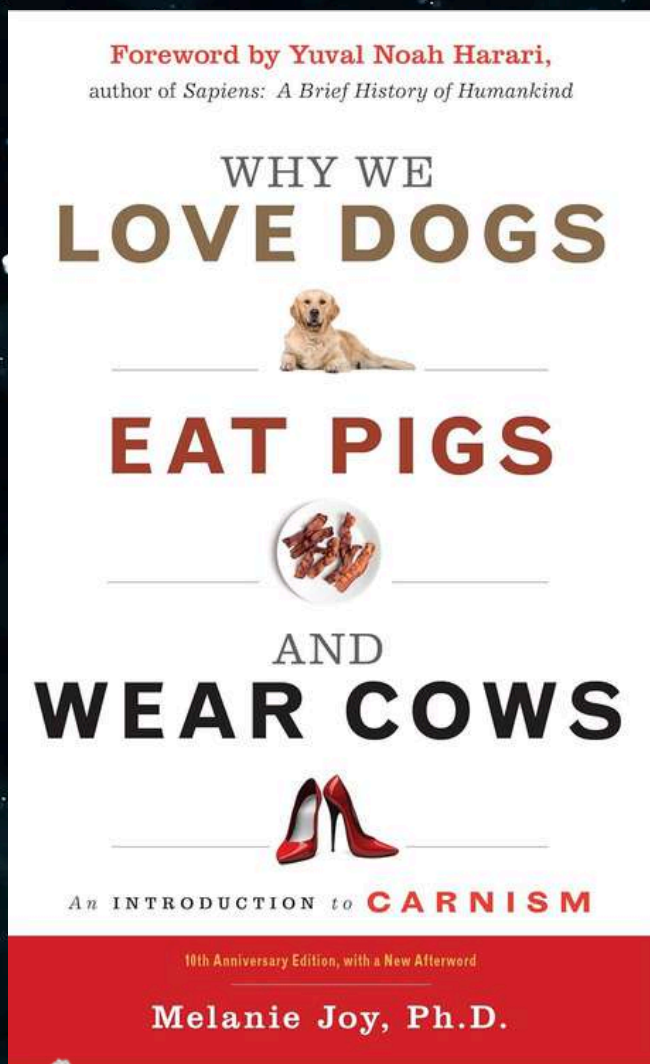


This book delves into the ethical, environmental, and health implications of modern food choices, exploring the origins of what we eat. Pollan provides an essential guide for anyone seeking to understand the complexities and dilemmas surrounding how we nourish ourselves today.



WHY WE LOVE DOGS, EAT PIGS, AND WEAR COWS

by Melanie Joy

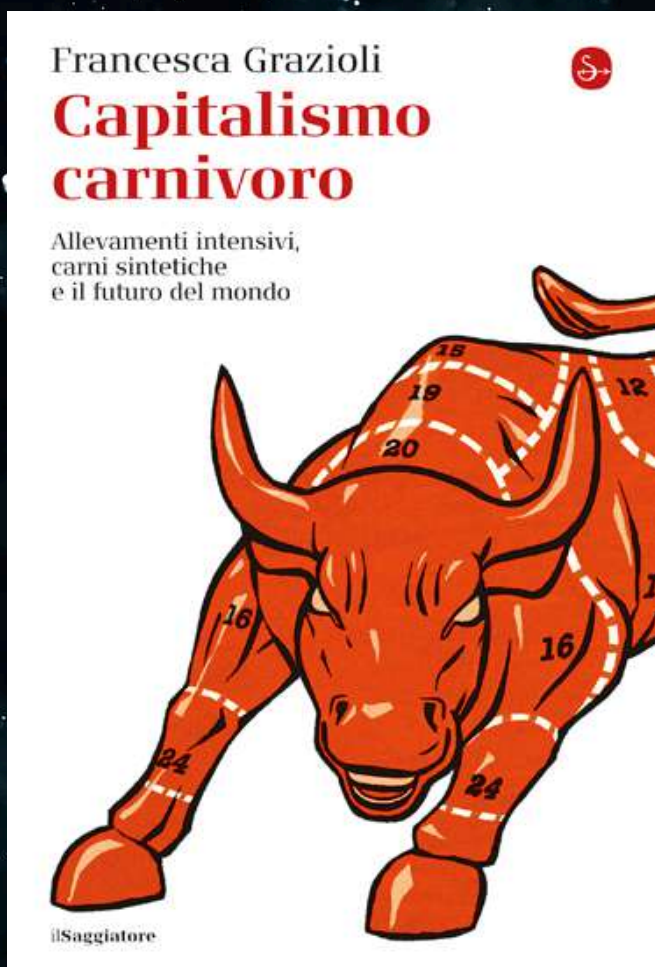


Introducing the concept of “carnism,” this book examines the ideology that leads people to eat certain animals while loving others. Melanie Joy explores the contradictions inherent in this mindset, revealing how these norms are deeply ingrained in society. She offers insights to help readers make more conscious and ethical food choices.



CAPITALISMO CARNIVORO

by Francesca Grazioli



This critical analysis of the food industry highlights the environmental and societal costs of intensive animal farming, which consumes 70% of the world's arable land and exacerbates global conflicts. The author underscores how high meat consumption is closely tied to financial and ecological crises, encouraging readers to reflect on the ethical implications of their dietary habits.



THIS IS VEGAN PROPAGANDA

by Ed Winters



Based on six years of research and conversations with a diverse range of experts—slaughterhouse workers, industrial farm employees, animal rights philosophers, environmentalists, and consumers—this book provides sharp answers to uncomfortable questions the meat industry would rather avoid.



**Be the
CHANGE**

GO
VEGANOK