

# AVS/AHIMSA PUBLICATIONS:

## **BOOKS:**

### **COMPASSION: THE ULTIMATE ETHIC: An Exploration of**

**Veganism** –Victoria Moran; intro: Michael Klaper, MD. Vegan movement: background, what/how, vegan experience. 1997, 128pp 6x9" \$7.95; \$17.00/3.

### **HEALTH CAN BE HARMLESS**

–H. Jay Dinshah. Self-help: Harmlessness, Happiness, Habits, Health, Humor. 1987, 80pp 6x9" \$4.95.

### **HERE'S HARMLESSNESS:**

**Anthology** –18 authors. Views on harmless living plus dozens of quotes & pix; notables of past & present. 1993, 96pp 6x9" \$7.95; \$17.00/3.

### **OUT OF THE JUNGLE** –H. Jay

Dinshah. His best book: personal development in veganism, harmless, selfless service. 1995, 96pp 6x9" \$7.95.

### **NEW VEGAN STARTING PKG.**

Selected info: 7 BOOKS (above 4 plus *Vegan Kitchen*, *Vegan Nutrition: Pure and Simple*, *The Non-Violent Revolution*). Booklet: *VEGANISM, Getting Started*. *Ahimsa* back issues, reprints, booklets of special interest. Freya's 59 min. *Vegan Kitchen* VIDEO. Reg. \$87+, pay just \$34.50.

### **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.

### **The LIFE OF A KARMA-YOGI** –

Dr. Dinshah P. Ghadiali, color therapy pioneer and vegetarian teacher. 1973, 32pp 7x10" \$4.50.

See AVS items in other sections, viz:

*Vegan Cookbooks:*

**HEALTHY HEARTY HELPINGS**, \$8.95; **The VEGAN KITCHEN**, \$9.95; **VEGETARIAN COOKING for 100**, \$24.95.

*Philosophy & Religion:*

**The COILED SERPENT**, \$11.95;  
**The DHAMMAPADA**, \$3.50.]

## **AHIMSA MAGAZINE:**

**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.

## **AHIMSA ISSUES/SETS:**

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

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

**1990-2000:** 3 tabloids, 20+ 8½x11" originals, incl. 30<sup>th</sup> Anniversary Issue. \$60+ value, \$30.00.

**Or, order all 3 sets above, 1960-2000** (over \$250 value) for \$135.00.

**FRUIT FOR THOUGHT** –H. Jay Dinshah. 6 issues; series separates fact from fiction about "fruitarian & breatharian" concepts. \$3.00.

## **SPECIAL ISSUE ON PROTEIN**

Abundance and quality of vegan protein. Reassuring. #32-02 24pp 8½x11" \$1.00.

## **H. JAY DINSHAH (1933-2000)**

Articles by and about AVS founder, a vegan pioneer. #41-04 32 pp \$5.00.

## **AHIMSA REPRINTS:**

**ALTERNATIVES TO DAIRY PRODUCTS/EGGS.** 1p 25¢.

## **ENVIRONMENTALISM WITHOUT VEGETARIANISM**

–Merritt Clifton. How a movement lost its way. 1998, 1 sheet/2 sides 8½x11" 25¢; \$2.00/dozen.

## **FEEDING VEGAN BABIES**, \$1.50.

[See *Birth, Babies, and Children* section]

## **HANDWRITING ON THE OPERATING ROOM WALL & FAT FOR THOUGHT** –M. Klaper,

MD. Health problems through using typical diets (SAD). 1996, 12pp 8½x11" \$2.00.

## **VEGAN ORGANIC GARDENING & FARMING** –David Phillips, ND,

et al. Three articles on natural vegan food-growing. 2000, 10pp 8½x11" \$2.00.

## **FIVE ARTICLES**

by H. Jay Dinshah:

**"CRUELTY-FREE"=VEGAN BEWARE** Not-animal-tested does not mean "no animal ingredients." 1998, 4pp 8½x11" 50¢.

## **GANDHIAN TRUTH-FORCE AND NON-VIOLENT PERSUASION**

On Mahatma Gandhi's *Satyagraha*. The power of truth and love; making friends of opponents. 1999, 8pp 8½x11" \$1.50.

## **MOSTLY ABOUT ALCOHOL**

Exposes alcohol's "benefits"; the real lowdown on drinking, smoking, some other drugs. 1994, 12pp 8½x11" \$2.00.

## **OVERWEIGHT &**

**UNDERWEIGHT** Physical, mental, emotional factors. Helpful. 1999, 2pp 8½x11" 25¢.

## **WHY DON'T VEGANS USE**

**HONEY?** Ethical, health, environmental reasons against this insect product. Harm to human health; cruel beekeeping practices. 1996, 6pp 8½x11" \$1.00.

## **TWO FINE BOOKLETS:**

by Dr. Herbert M. Shelton

**MONTH OF MENUS** Nutrition facts, simple meals. 16pp 7½x10½" \$1.00.

### **SECOND-HAND FOODS**

Health views on foods from the animal kingdom. 16pp 7x10" booklet. \$1.00.

### **AVS POSTER:**

#### **"LEAVE SOME FOR ME?"**

Neat, appealing sheet with thought-provoking theme—environmental waste/damage in animal products. 8½x11" 10¢; \$1.00/dozen; \$5.00/100.

### **THREE AVS LEAFLETS:**

[Attractively designed, neatly printed colorful 3½x8½" handy leaflets]

#### **DON'T LET THEM PULL THE WOOL OVER YOUR EYES! –**

Freya Dinshah. Reasons for abandoning the use of wool. 4pp 15¢; \$2.50/20; \$10.00/100.

**NOW TRY VEGANISM!** Brief introduction to health, ethical, economic, and ecological benefits of veganism. 10¢; \$1.75/20; \$6.00/100.

#### **WHAT HAPPENS TO THE CALF?**

Excellent little leaflet exposing modern dairy and veal production. 10¢; \$1.75/20; \$6.00/100.

### **AVS FLYER:**

[Good, inexpensive for tabling, outreach giveaways]

**EASY VEGAN RECIPES** 50+ simple but tasty & wholesome recipes, 2 weeks of menus. Neat mini-cookbook of tempting cuisine. [Also included in *VEGANISM: Getting Started*] 4 pp 8½x11" 25¢; \$2.50/dozen; \$15.00/100.

## **VEGANISM:**

[From other publishers]

**ANIMAL CONNECTION**—Agatha M. Thrash, MD and Calvin L. Thrash, MD. Diseases borne by meat/dairy products. 1983, 24pp 5½x8½" \$6.95.

**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.

**The BOOK of COMPASSION: Reverence for All Life**—Pramoda Chitrabhanu, Pravin K. Shah, compilers. Articles on dairy, silk, wool, health, slaughter-products. 2006, 88pp 5½x8½" \$5.00.

**DIET FOR A NEW AMERICA**—John Robbins. Going vegan: for ourselves, for animals, for the planet. 1987, 1998, 424pp 5½x8¼" \$15.95.

**The FACE ON YOUR PLATE: The Truth About Food**—Jeffrey Moussaieff Masson. Known for his study of the emotional lives of animals, Masson now focuses on the human psychology, to uncover how people rationalize meat, egg, and milk consumption in a denial of compassion and logic. A vegan manifesto that looks at the lives of food animals, economics, and the predicament of the planet. 2009, 287pp 5¾x8½" hard \$24.95.

**FOOD REVOLUTION, THE: How Your Diet Can Help Save Your Life**—John Robbins. "If every patient in every doctor's office read this book, it would revolutionize the health of America."—Neal Barnard, MD, President, *PCRM*. "...thoughtful, penetrating, impeccably researched, it will make you laugh, then cry, then pass it on to your loved ones."—Marianne Williamson, author of *A Return to*

*Love*. 2001, 450pp 6x9" \$17.95; \$39.00/3.

**MAKING KIND CHOICES: Everyday Ways to Enhance Your Life Through Earth & Animal Friendly Living**—Ingrid Newkirk, Pres. *PETA*, fwd: Sir Paul McCartney. Stories of her personal growth, experiences, and of friends, are keys to imbuing readers with daily habits that pave way to happier lives. 2005, 472pp 5½x8¼" \$13.95.

**The MOST NOBLE DIET**—George Eisman, RD; fwd: Michael Klaper, MD. Ethical, world aspects of foods, 4<sup>th</sup> edition. 1994, 118pp 5½x8½" \$9.95.

**PLANT ROOTS: 101 Reasons Why the Human Diet is Rooted Exclusively in Plants**—Rex Bowlby. the wisdom of vegan eating emerges from supporting evidence gathered here. Engaging style makes this an easy read. 2003, 516pp 6x9" \$17.95.

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

**The ULTIMATE VEGAN GUIDE: Compassionate Living Without Sacrifice**—Erik Marcus. Practical advice for daily living, and challenging situations, from someone with over 20 years personal experience. 2009, 178pp 5½ x 8½" \$14.95.

**VEGAN: The New Ethics of Eating**—Erik Marcus; fwd: Howard Lyman. Why changing what you eat can be so simple and yet so significant for your health, that of the earth and its nonhuman inhabitants. Incl. many writings by noted veggie and animal rights activists. 2d ed. 2001, 211pp 6x9" \$16.95.

**VEGAN & VEGETARIAN FAQ: Answers to Your Frequently Asked Questions**—Davida Gypsy Breier; Nutrition Section: Reed

Mangels, PhD, RD. A good source of information on daily aspects of living for people newly interested in changing their diet as well as established vegans and vegetarians. Answers well the usual questions: How do I get started? Where can I get enough B12? Where's the protein? Won't I lose strength? Also tackles the more remote requests: Is photographic film made with animal materials? Is there bone in *bone china*? 2001, 272pp 6x9" \$15.00.

**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. 2005, 368pp 7½x9½" \$18.95.

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

**VEGAN STORIES** –Julie H. Rosenfield. Stories about everyday vegans in their own words. 2002, 329pp 5x7¾" \$12.95.

**The VEGETARIAN SOLUTION: Your Answer to Cancer, Heart Disease, Global Warming, and More** –Stewart Rose. Information on how a vegan diet can improve your health and the world you live in. 2007, 158pp 6x9" \$12.95.

**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.

**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" \$20.00. Also available as Audio Book \$20.00  
**(LIVING IN HARMONY WITH ALL LIFE: A Discourse on the World Peace Diet** –Companion CD \$5.00.)

## **VEGETARIANISM:**

**101 REASONS WHY I'M A VEGETARIAN** –Pamela Rice. Evidence indicts animal husbandry, its products, and their use. Ethical, healthful, nutritional, and environmental standpoints. 2005, 254pp 6x9" \$20.00.

**365 GOOD REASONS TO BE VEGETARIAN** –Victor Parachin. Ideas, facts, humor, science. 1998, 157pp 6x9" \$8.95.

**BECOME A VEGETARIAN (In 5 Easy Steps)** –Christina H. Beard. Easy to use plan. 1997, 160pp 5x8" ~~\$11.95~~; \$6.00.

**The Complete Idiot's Guide to BEING VEGETARIAN**, –Suzanne Havala, RD. Nutrition, shopping, transition tips, travel, etc. *Complete* is the operative word. 1999, 344pp 7¼x9" \$16.95.

**The BLOODLESS REVOLUTION: A Cultural History of Vegetarianism from 1600 to Modern Times** –Tristram Stuart. How Western Christianity and Eastern philosophy merged to spawn a movement that had the prohibition of animal flesh at its core. 2007,

628pp, hard 6x9¼" \$29.95; soft smaller type, 5½" x 8¼" \$17.95.

**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.

**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; modern intro: Carol J. Adams. A reprint of a 19<sup>th</sup> century volume of mini-biographies of prominent persons of the ancient and near past espousing the flesh-free life. 1883, Appendix 1896, Intro 2003, 396pp 6x9" \$24.95.

**GOING MEATLESS** –Good informative articles with many full-color pix. [Reprint of *Vibrant Life* issue] 1992, 8x10½" \$2.50.

**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.

**The JOY OF SOY** –Vance Lehmkuhl. A cartoonist's lighthearted look at the veggie scene. Enjoyable for vegetarian and non-vegetarian. 1997, 90pp 5x7" \$8.95.

#### **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" \$18.95.

**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.**

**PETER BURWASH'S VEGETARIAN PRIMER** Noted tennis star and trainer gives his insights on the harm of meat. How to break the habit. 1983, 227pp 5x9" cloth \$10.95.

**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.

**PORNOGRAPHY OF MEAT** –Carol J. Adams. Traces history and correlation between the popular culture of pornography (explicit and mainstream advertising, alongside its counterparts depicting meat).

**PROBLEMS WITH MEAT** –John Scharffenberg, MD. Longtime researcher in cause and effect of diet and disease shares findings. 1989, 111pp 6x9" \$5.95, **SALE \$5.00.**

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

**SEXUAL POLITICS OF MEAT, THE** –Carol J. Adams. 10<sup>th</sup> Anniv. Edition, 2000, 272pp 6x9" \$18.95.

**VEGETARIAN AMERICA: A History** –Karen Iacobbo and Michael Iacobbo; fwd: Rev. Andrew Linzey. The rich history of the U.S. vegetarian movement. 2004, 269pp 6½x9½" hard \$39.95.

**VEGETARIAN SOURCEBOOK, A** –Keith Akers; intro: Peter Singer. Nutrition, ethics, ecology. A resource used by many later writers. 1993, 240pp 6x9" \$10.95, **SALE \$6.95.**

**VEGETARIAN STARTER KIT** –Physicians Committee for healthier Responsible Medicine. Advice for a diet, vegan recipes. 16pp 8½x11" \$2.00.

**The VEGETARIAN WAY: Total Health for You and Your Family** –Virginia Messina, MPH, RD & Mark Messina, PhD. Nine step plan for beginners; late research on health benefits; essential vitamins and minerals; meal plan tips; special diets for special conditions; much more. 1996, 390pp 7x9" \$24.00.

**VOICES FROM THE GARDEN: Stories of Becoming a Vegetarian** –Ed: Sharon and Daniel Towns; fwd: Howard Lyman; pref: Ingrid Newkirk. 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 \$10.00**

**WHY DO VEGETARIANS EAT LIKE THAT?** –David A. Gabbe.

1994, 276pp 6¼x8¼" \$11.95, **SALE \$7.95.**

### **NORTH AMERICAN VEGETARIAN SOCIETY PUBLICATIONS:**

**CARE AND FEEDING OF VEGETARIANS** –NAVS. Guide for non-veggies. Leaflet 8pp 3½x8½" 25¢.

**HOLIDAY RECIPES With A Vegetarian Twist** –NAVS. Leaflet 25¢.

**HEART SMART** –NAVS. Recipes/health tips. Leaflet 8pp 3x8" 25¢.

**VEGETARIANISM: Answers To Questions** –NAVS. Health, anatomy, ecology, etc. Booklet 16pp 5¼x8½" 25¢; \$2.50/dozen.

### **BOOKLETS FROM VEGETARIAN/VEGAN GROUPS:**

One copy each may be requested with your book order. Thereafter, obtain from the organization of origin (donations appreciated).

**EASY VEGAN RECIPES: Delicious Animal-Friendly Fare from Compassion Over Killing** –COK. Booklet 2007, 16pp 5½x8½".

**GUIDE TO CRUELTY-FREE EATING** –Vegan Outreach. Booklet 2005, 32pp 5¼x8½".

**WHY VEGAN?: BOYCOTT CRUELTY!** –Vegan Outreach. Booklet 2007, 16pp 5¼x8½".

### **100% VEGAN COOKBOOKS:**

**20 MINUTES TO DINNER** –Bryanna Clark Grogan. 300+ quick, satisfying recipes. 1997, 192pp 7x8" \$12.95.

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

**125 BEST VEGAN RECIPES** —Maxine Effenson Chuck and Beth Gurney. For mainstream tastes. Wide range of quick recipes with readily available ingredients. Helpful tips for stocking vegan kitchen; guide to cooking terms and techniques. 2005, 189pp, 7x10" \$19.95.

**ABSOLUTELY VEGETARIAN: A Complete Guide to Maintaining a Strict Vegetarian Lifestyle** —Lorine Tadej. Vegan style cooking from a Christian tradition. 1994, 160pp 5½x8½" \$8.95.

**ACCIDENTAL VEGAN** —Devra Gartenstein. Lucid commentary and great recipes. How vegan requests from clientele changed a catering service. 2000, 223pp 6x8" \$14.95.

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

**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.

**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). 2003, 32pp glossy paper/full-color photos 8¼x10¼" \$24.95.

**ASIAN VEGAN COOKING: A High-Energy Approach to Healthy Living** —Kim Le, PhD. About ¼ of the book is devoted to transitional helps and philosophy of the vegetarian concept. Mostly easy recipes with relatively few ingredients. 2003, 256pp 6x9" \$14.95.

**The ASIAN VEGAN KITCHEN: Authentic and Appetizing Dishes from a Continent of Rich Flavors**—Hema Parekh, For the adventurous, Recipes from nine countries. Glossary of exotic ingredients. 32pp full-color photos. 2007, 192pp 7½x10" \$19.95.

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

**The BEST of BLOODROOT VOL II: Vegan Recipes** —Selma Miriam and Noel Furie with Lagusta Yearwood. Recipes from Bridgeport Connecticut's "legendary" (*NY Times*) feminist restaurant/bookstore (30 years in business), voted one of the ten best vegetarian restaurants in the nation (*Vegetarian Times*). 8pp full-color photos. 2007, 432pp 6x9" \$27.50.

**BUDDHA'S TABLE: Thai Feasting Vegetarian Style** —Chat Mingkwan. Showcases diversity/flavors of cuisine from four regions of Thailand. Explore Asian markets to find some of the ingredients. 2004, 192 pp 7x8" \$14.95.

**The CANDLE CAFÉ COOKBOOK: 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.

**COCONUT CUISINE: Featuring Stevia** —Jan London. 2004, 160pp 5½x8½" \$15.95.

**The COMPASSIONATE COOK: or "Please Don't Eat the Animals"**—PETA, Ingrid Newkirk. 200+ easy delicious vegan recipes. 1993, 244pp 5x8" \$12.95.

**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.

**CONVENIENTLY VEGAN** —Debra Wasserman. 150 recipes: convenience foods with fresh fruits/veggies. 1997, 208pp 6x9" \$15.00.

**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.

**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.

**COOKING WITH NATURAL FOODS** —Muriel Beltz. 100s of recipes. 1996, 131pp 8½x11" ring \$14.95.

**COOKING WITH NATURAL FOODS II** —Muriel Beltz. New recipes—many for 6, 8, 24 portions. 1992, 135pp 8½x11" ring \$14.95.

**COOKING WITH PETA** 200+ recipes. 1997, 224pp 7x8" \$14.95.

**CREATING PEACEFUL MEALS: A Vegetarian Cookbook** —Karen Deibel. Vegan meals in the

macrobiotic tradition. 1997, 196pp  
5½x8½" ring \$19.95.

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

**DELICIOUS FOOD for a Healthy  
Heart**—Joanne Stepaniak. 120 easy  
items for those at special risk. 1999,  
172pp 7x8" \$12.95.

**DINING WITH FRIENDS: The  
Art of North American Vegan  
Cuisine**—Priscilla Feral and Lee  
Hall; fwd: John Robbins. Recipes by  
*Friends of Animals* cookbook authors  
and chefs for everyday cooking or  
festive holidays. 2005, 164pp 8¾x8" \$19.95.

**DISTINCTIVE VEGETARIAN  
CUISINE**—Sue M. Weir. 300+ tasty  
vegan recipes. 1995, 325pp 7x9"  
~~\$14.95~~, \$8.95.

**EASY VEGAN COOKING**—Leah  
Leneman. 350+ delicious recipes for  
all occasions. 1998, 212pp 6¼x8½" \$13.00.

**EAT DRINK AND BE VEGAN**  
—Dreena Burton. Burton's third  
cookbook (*Everyday Vegan, Vive Le  
Vegan*) is imaginative, colorful, and  
delectable, perfect for all kinds of  
events. 150+ recipes, 16 pp full-color  
photos. 2007, 243pp 7½x10" \$22.95.

**ECOLOGICAL COOKING:  
Recipes To Save The Planet**—  
Joanne Stepaniak and Kathy Hecker.  
Recipes specifically created to be  
"earth friendly" as well as "people  
friendly". Can we afford not to  
change our diet? 1991, 228pp 6x9" \$10.95

**EVA BATT'S VEGAN COOKING**  
—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 VEGAN: 300 Recipes  
for Healthful Eating**—Jeani-Rose  
Atchison. "...sparkles with vital  
recipes and commonsense nutritional  
guidelines". —Paul Pitchford.  
Especially good explanation of  
vitamin B12. 2002, 314pp 6x9" \$22.50.

**The EVERYDAY VEGAN: Recipes  
& Lessons for Living the Vegan  
Life**—Dreena Burton. Examples of  
"taking the step"; discover the  
amazing flavors without having to  
resort to animal products; many fine  
vegan recipes. 2003, 205pp 7½x10" \$18.95.

**EXPRESSLY VEGAN: 7 ways in 7  
days to go completely vegan!**—  
Rosemary Benedict and Michelle  
Johnson. Filled with ideas &  
suggestions with a week's worth of  
delicious, nutritious dishes & recipes.  
Everything you need to go completely  
vegan. 2001, 52pp 5½x 8½" \$5.00.

**FAT-FREE AND EASY**—Jennifer  
Raymond. Great meals in minutes  
with no added fats. 1997, 152pp  
7x10" \$10.00.

**The FIBER FOR LIFE  
COOKBOOK: Make Fiber Your  
Choice For Life**—Bryanna Clark  
Grogan. Make gourmet, *fiber-rich*  
dishes that really work, that you'll be  
proud to serve to those not in the  
know. 2002, 192pp 7x8" \$12.95.

**FLAX: The Super Food!**—Barb  
Bloomfield, Judy Brown, Siegfried  
Gursche. Ideal balance of Omega-3 &  
Omega-6 fatty acids in flax far  
superior to any fish source for human  
nutrition. Over 80 delicious recipes  
using flax oil and ground flaxseed.  
2000, 128pp 6x9" \$9.95.

**FOODS THAT DON'T BITE  
BACK: Vegan Cooking Made**

**Simple**—Sue Donaldson. Includes 32  
page "preface" giving excellent  
ethical vegan reasoning; many fine  
"international" recipes. Four pages of  
vegan dog and cat info. 2003, 160pp  
6x9" \$16.95.

**FROM DAVID'S PURE  
VEGETARIAN KITCHEN: Over  
175 Wholefoods Recipes**—David A  
Gabbe. Excellent primer on daily  
healthy eating; menu planning; food  
for travel, office/school lunches;  
substitutions. Value of whole grains,  
beans, soy; sources of protein,  
calcium, iron, etc. 2002, 192pp  
5½x8½" \$14.95.

**The GARDEN OF EDEN**—Phyllis  
Avery. Recipes using unfired foods.  
2000, 127pp 8x8" \$11.95.

**The GARDEN OF VEGAN: How It  
All Vegan Again!**—Tanya Barnard  
and Sarah Kramer. [See: *How It All  
Vegan!*] A "second helping" with  
more sophisticated recipes and styling  
from those Canadian kids. 2002,  
256pp 7½x9" \$18.95.

**GARY NULL'S POWER FOODS:  
The 15 Best Foods for Your Health**  
—Gary Null, PhD. Over 300 recipes.  
The keys "power foods" hold to  
optimum health. Rich in recipes for  
raw foods. Guidelines for buying  
whole and organic foods. 8pp full-  
color photos. 2006, 327pp 6x9" \$22.95.

**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, 190pp 7x9" \$16.95.

**GREAT CHEFS COOK  
VEGAN**—Linda Long. Recipes  
from 25 award-winning chefs prove  
you can eat *haute* and healthy too.  
2008, 272pp 9x10¼", 98 color  
plates, hard \$35.00.

**GREAT GOOD DESSERTS—**  
**Naturally** –Fran Costigan. Excellent  
vegan desserts. 1999, 144pp 8½x11"  
lie-flat \$15.95.

**The HEALTH PROMOTING  
COOKBOOK** –Alan Goldhamer,  
DC. Tasty vegan recipes with no  
added oil, fat, salt, sugar, or wheat.  
1997, 186pp 7x8" \$12.95.

**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" Otatbind  
lie-flat \$8.95.

**HEMPNUT COOKBOOK**  
–Richard Rose and Brigitte Mars.  
Read the history and science behind  
this drug-free plant, an excellent  
protein and oil source. Explore ways  
to use hempnuts in vegan meals.  
Share the excitement of Editor  
Christina Pirello for enhancing health  
deliciously. 2004, 180pp 8x9¼"  
\$16.95.

**The HORIZONS COOKBOOK:  
Gourmet Meatless Cuisine** –Rich  
Landau & Kate Jacoby. From all  
walks of life, meat-eaters and  
vegetarians love the food at this  
restaurant in Philadelphia PA. 2003,  
174pp 7¼x9¼" \$19.95.

**HOW IT ALL VEGAN!:**  
**Irresistible Recipes For An Animal-  
Free Diet** –Tanya Barnard and Sarah  
Kramer. Teens and young adults  
relate to these Canadians who loved  
punk rock shows; poor health was a  
result of their eating and drinking  
habits. They became energetic vegans,  
expert in baking and catering, feeding  
kids, making cleansers and toiletries,  
too. 1999, 224pp 7½x9" \$18.95.

**HOW TO EAT LIKE A  
VEGETARIAN Even If You Never  
Want To Be One: More than 250  
Shortcuts, Strategies, and Simple  
Solutions** –Carol J. Adams and Patti  
Breitman. Proves you don't need a lot

of time to create delicious, satisfying  
vegetarian meals. 2008, 214pp 7x8½"  
\$20.00.

**I CAN'T BELIEVE IT'S NOT  
MEAT: Make Your Favorite  
Recipes with Quick-Cooking SOY  
Meat** –Roger, Diana, and Monty  
Kilburn. A good source of info on  
feeding meatless meals to your hard-  
to-please family. Especially good for  
those in transition who still have the  
urge to have some of the "good old"  
foods. 2000, 128pp 6x9" \$9.95.

**INCREDIBLY DELICIOUS: The  
Vegan Paradigm Cookbook** –Gentle  
World. 500+ vegan dishes, incl. 120+  
"Rawsome" (unfired). [Limited  
availability, 1<sup>st</sup> ed/2000, 304pp  
8½x11" Otatbind lie-flat ~~\$22.50~~  
\$12.00]; 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.

**JAPANESE COOKING:  
Contemporary & Traditional** –  
Miyoko Nishimoto Schinner. Simple,  
delicious, and vegan. 1999, 174pp  
7x8" lie-flat \$12.95.

**The JOY OF VEGAN BAKING:  
The Compassionate Cooks'  
Traditional Treats and Sinful  
Sweets** –Colleen Patrick-Goudreau.  
Favorites from cakes, cookies, and  
crepes; to pies, puddings, and  
pastries. These recipes will bewitch  
the sweet tooth, and seriously  
undermine health if indulged in more  
than rarely (white sugar, white  
flour)! Lavish color throughout, 31pp  
full-color photos. 2007, 288pp  
7½x9" \$19.95.

**LA DOLCE VEGAN: Vegan  
Livin' Made Easy** –Sarah Kramer.  
The tattoo artist and vegan-cooking  
superstar is back, solo, to inspire  
young folk to switch to the healthier,

happier vegan way that works so  
well for her. Bonus: jewelry and  
fashion accessories to make. 2005,  
334pp 7½x9" \$19.95.

**LIGHTEN UP!: Tasty, Low-Fat,  
Low-Calorie Vegetarian Cuisine** –  
Louise Hagler. Over 130 easy-to-  
prepare recipes. 1995, 160pp 7x8"  
\$11.95.

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

**LIVING WITH GREEN POWER:  
Use of the 'Green Power  
Juicer/Processor/Grinder Machine'**  
–Elysa Markowitz. Unfired cuisine.  
Full color production. Glossy paper.  
1997, 167pp 8x10½" hard \$24.95.

**LORNA SASS' COMPLETE  
VEGETARIAN KITCHEN** Tasty  
recipes. 1995, 494pp 7x10" \$24.95.

**The LOWFAT JEWISH  
VEGETARIAN COOKBOOK**  
–Debra Wasserman. Healthful  
international recipes from the Jewish  
tradition, yet vegan. 1994, 224pp 6x9"  
\$15.00.

**MEATLESS BURGERS** –Louise  
Hagler. Over 75 quick, easy vegan  
recipes. 1999, 94pp 6x9" \$9.95.

**MEATLESS BURGERS,  
TURNOVERS, AND TREATS** –  
Kay Bushnell. Easy, low-fat. 1993,  
70pp 5½x8½" comb \$4.00.

**The MEDITERRANEAN VEGAN  
KITCHEN: Meat-Free, Egg-Free,  
Dairy-Free Dishes from the  
Healthiest Region Under the Sun** –  
Donna Klein. Over 300 recipes which  
are traditionally vegan and great.  
2001, 251pp 7½x9¼" \$17.95.

**MISO COOKERY** –Louise Hagler.  
Miso has many nutritional benefits;  
savor over 70 tasty recipes. 2000,  
95pp 6x9" \$10.95.

### **MORE FABULOUS BEANS**

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

### **MORE GREAT GOOD DAIRY-FREE DESSERTS NATURALLY**

—Fran Costigan. Select a recipe to make, or use the book as a complete course in non-dairy, egg-free baking. Acclaimed chef-instructor Fran bakes and teaches in New York City. 2006, 224pp, 8x9¼" \$19.95.

### **MUNCHIE MADNESS:**

#### **Vegetarian Meals for Teens –**

Dorothy R. Bates, Bobbie Hinman, Robert Oser; nutr. info: Suzanne Havala, MS, RD, FADA. Excellent info (particularly for non-vegetarian parents of veggie teens). Let these knowledgeable pros show you how. 2001, 159pp 6x9" \$9.95.

#### **The NATIVE FOODS**

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

**Vegetarians Alike** –Tanya Petrovna; fwd: Deborah Madison. From her little "chain" of restaurants, really innovative dishes that have been able to capture members of the "Carnivore Culture Club". 2003, 328pp 7½x9" \$19.95.

#### **The 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.

#### **The NEW VEGAN COOKBOOK: Innovative Vegetarian Recipes Free of Dairy, Eggs, and Cholesterol –**

Lorna Sass. *Innovative* is the operative word here; these are new recipes deftly designed to celebrate the flavors of plant-based products, not imitate animal-based dishes.

Glossy paper and many full-page, full-color pix. 2001, 120pp 8¾x8" \$18.95.

#### **NO-CHOLESTEROL PASSOVER RECIPES**

—Charles Stahler and Debra Wasserman. Vegan replacers for the traditional dishes of the Jewish holy season. 1995, 96pp 5½x8½" \$8.95.

#### **NONNA'S ITALIAN KITCHEN –**

Bryanna Clark Grogan. Delicious Italian home-style vegan cuisine. 1998, 256pp 7x8" \$14.95.

#### **The NUT GOURMET: Nourishing Nuts for Every Occasion, Delicious Plant-Based Recipes**

—Zel Allen. As a focal point in any dish, nuts contribute zesty flavors and essential nutrients. Buying and storing nuts, and how to make nut milk. 2006, 255pp 8x9" \$19.95.

#### **The NUTRITIONAL YEAST**

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

#### **The PEACEFUL PALATE –**

Jennifer Raymond. Professional caterer's book of fine vegan cuisine. 1992, 125pp 8½x11" \$15.00.

#### **The PETA CELEBRITY**

#### **COOKBOOK: Delicious Vegetarian Recipes from Your Favorite Stars**

—Ed: Ingrid E. Newkirk; intro: James Cromwell. Yes, celebrities eat, too! Here are favorites (vegan) from the likes of Candice Bergen, Jackie Chan, Alec Baldwin, Sir Paul McCartney, Rue McClanahan, Alicia Silverstone, Martina Navratilova, and many more. 2002, 128pp full color/glossy paper 9x10¼" \$20.00.

#### **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~~, \$35.00.

#### **QUICK-FIX VEGETARIAN:**

#### **Healthy, Home-Cooked Meals in**

**30 Minutes or Less** –Robin Robertson. From a prolific author of popular cookbooks. 2007, 210pp 7½x9" \$16.95.

#### **The RACE FOR LIFE**

**COOKBOOK** –Ruth Heidrich, PhD. Cancer survivor—now winning triathlete—shares over 100 vegan recipes. 1994, 100pp 5½x8½" \$9.95.

#### **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. 2005, 200pp 7¼ x9" color photos \$16.95. DVD with 11pp booklet, 2007, 2:00 \$19.95.

#### **The RAW REVOLUTION DIET: Feast, Lose Weight, Gain Energy, Feel Younger**

—Cherie Soria, Brenda Davis, RD, Vesanto Melina, MS, RD. Successful approach to permanent weight loss centered on raw food recipes. It's more than a diet; it's a lifestyle. 2008, 237pp 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.

#### **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.

#### **The SAUCY VEGETARIAN**

—Joanne Stepaniak. Quick, healthful, no-cook sauces, dressings. 2000, 144pp 7x10" \$12.95.

**The SIMPLE LITTLE VEGAN SLOW COOKER**—Michelle Rivera. Time saving international recipes. 2005, 127pp 6x6" \$9.95.

**SIMPLE TREATS: A Wheat-Free, Dairy-Free Guide to Scrumptious Baked Goods**—Ellen Abraham. "If you have tried vegan brownies and baked goods, you are probably thinking, 'how could these be good?' But they are amazing."—famous veggie.com. 2003, 128pp 8x9½" \$14.95.

**SIMPLY VEGAN**—Debra Wasserman; nutr: Reed Mangels, PhD, RD. Good vegan recipes with nutrition guide. 224pp 6x9" 3<sup>rd</sup> ed. 1999, \$5/SALE. 4<sup>th</sup> ed. 2006, \$14.95.

**SINFULLY VEGAN: Over 140 Decadent Desserts to Satisfy Every Vegan's Sweet Tooth**—Lois Dieterly. Excellent—primarily baked goods and smoothies. 2003, 230pp 7x9" \$17.95.

**SKINNY BITCH IN THE KITCH: Kick-Ass Recipes for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!)**—Rory Freedman, Kim Barnouin. Companion to the mega bestseller *Skinny Bitch*. Loaded with easy, no-nonsense, wholesome recipes in the style that made the authors famous. 2007, 192pp 5¼x7" \$14.95.

**SOUP'S ON!: Vegetarian Soups, Muffins & Accompaniments**—Barb Bloomfield. Quick-to-cook meals with lots of flavor. 1997, 127pp 7x8" \$10.95.

**SPEAKIN' VEGAN**—Grace Semple. Popular vegan recipes from a takeout counter serving a local factory's employees with lunch and "fast" snacks. 1992, 40pp 5½x8½" \$3.50.

**STUDENT'S GO VEGAN COOKBOOK: Over 135 Quick, Easy, Cheap, and Tasty Vegan Recipes**—Carole Raymond. Recipes for full-days' menus, guidance and advice from a mother to the college

crowd, and high schoolers, too. 2006, 225pp 5½x8¼" \$13.95.

**TABLE FOR TWO—Joanne Stepaniak**. Oodles of quick vegan recipes designed for just two happy diners. 1996, 191pp 7x8" \$12.95.

**THIS CRAZY VEGAN LIFE: A Prescription for an Endangered Species**—Christina Pirello. Practical, authoritative, and fun. Rethinking health and fitness, life, and the world. Includes 100+ recipes. 2008, 318pp 6x9¼" \$18.95.

**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. +Uncheese vs. cheese: Vesanto Melina, MS, RD. 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 \$18.95.

**VEGAN: Over 90 Mouthwatering Recipes for All Occasions**—Tony Weston and Yvonne Bishop. Excellent nutritional information, glossy paper and fine full color photos; pub. in association with The Vegan Society. (U.S. measure), 2004, 128pp 7¾x10¼" \$14.95.

**VEGAN BAKING**—Linda Majzlik. Traditional British baking recreated in vegan versions. Ingredient quantities in metric/imperial measurements. 2004, 74pp 6x9" \$11.95.

**VEGAN BARBECUES And BUFFETS**—Linda Majzlik. A wide selection of tasty delights. Ingredient quantities in metric/imperial measurements. 2005, 90pp 6x9" \$12.00.

**VEGAN BITES: Recipes for Singles**—Beverly Lynn Bennett. Not

just quick, small quantity, vegan recipes, but commentary opens each chapter and adds to each dish. Glossary of less common ingredients. 2008, 154pp 8x9¼" \$15.95.

**The VEGAN COOKBOOK**—Alan Wakeman and Gordon Baskerville. 200+ vegan recipes, mostly food-reform. British/U.S. measure. 1996, 298pp 5¼x8½" \$12.95.

**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 DELIGHTS**—Jeanne Marie Martin. 200+ recipes, with menus, nutritional guides. 1993/1999, 224pp 6x8" \$12.95.

**VEGAN DINNER PARTIES**—Linda Majzlik, fwd: Juliet Gellatley. Festive vegan menus for each month of the year, all consisting of starter, main course, and dessert. Ingredient quantities in metric/imperial measurements. 2002, 85pp 6x9" \$12.00.

**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 color photos. 2008, 248pp 8x9" \$18.95.

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

**VEGAN FIRE & SPICE: 200 Sultry and Savory Global Recipes**—Robin Robertson. Your culinary passport to world cuisines ranging from mildly spiced to nearly incendiary. Explore food of the

Americas, Mediterranean Europe, the Middle East and Africa, India, and East Asia. Make traditional dishes using readily available ingredients. Best of all, you can adjust the heat yourself and enjoy these recipes hot—or not. 2008, 238pp 7½x9” \$18.95.

**VEGAN GOURMET: Delicious and Imaginative Vegan Cuisine** – Susann Geiskopf-Hadler and Mindy Toomay. 120+ innovative recipes for everyday and occasional vegan cooks. Nutritional analyses given. 1999, 296pp 5½x8½” \$16.00.

**The VEGAN HANDBOOK** –Vegetarian Resource Group. 200+ fine recipes, meal plans, articles. 1998, 256pp 8x11” \$19.95.

**VEGAN ITALIANO: Classic Italian, Vegan Style—with 225 Savory, Nutritious Recipes, Meat-Free, Egg-Free, Dairy-Free Dishes from Sun-Drenched Italy** —Donna Klein. Authentic vegan dishes, without substitute ingredients; no tofu, soy milk, or other ingredients that mimic meat, dairy, and eggs. 2006, 171pp 7½x9¼” \$18.95.

**The VEGAN KITCHEN** –Freya Dinshah. 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; cookbook with #4 video \$19.95.

**VEGAN LUNCH BOX: Amazing Animal-Free Lunches that Kids and Grown-Ups Will Love!** –Jennifer McCann. “...won the 2006 *Bloggie Award* for ‘Best Food Blog’ (not ‘Best Vegetarian Food Blog’, but ‘Best Food Blog’, period!)...” –Color photo insert. 2006, 295pp 7x8” \$22.95.

**VEGAN MEALS FOR ONE OR TWO: Your Own Personal Recipes**

–Nancy Berkoff, RD. Designed so that you can use ingredients the way they come packaged. 2001, 216pp 6x9” \$15.00.

**VEGAN MICROWAVE COOKBOOK from VRG** —Chef Nancy Berkoff, RD. Over 165 recipes plus advice for: converting traditional recipes; baking; desserts; festive fare; fast foods. 2003, 288pp 6x9” \$16.95.

**VEGAN PLANET: 400 Irresistible Recipes with Fantastic Flavors from Home and Around the World** – Robin Robertson. Comprehensive, best-selling work. 2003, 576pp 7x9” \$21.95.

**VEGAN SOUL KITCHEN: Fresh, Healthy, and Creative African-American Cuisine** –Bryant Terry. An eco-chef cooks with an eye for local, seasonal, sustainably-grown food. This succulent gumbo of autobiography, recipes, and historical notes is traditionally based, peppered with reinterpretations. 2009, 223pp 7¼x9” \$18.95.

**A VEGAN TASTE OF...series by** –Linda Majzlik. Titles include: **The CARIBBEAN, CENTRAL AMERICA, EAST AFRICA, EASTERN EUROPE, FRANCE, ITALY, INDIA, GREECE, MEXICO, The MIDDLE EAST, NORTH AFRICA, THAILAND.** Authentic recipes of the culture of the land indicated by the title, altered to fit a vegan lifestyle. British pub. with U.S. and metric measurements. 2001/2005, each volume 106/126pp 6x9” \$11.95 each.

**VEGAN VITTLES** –Joanne Stepaniak and Suzanne Havala, MS, RD. 200 basic dishes with vegan substitutes for the traditional meat, eggs, and dairy products. 1996, 175pp 7x8” **\$6.00 SALE.**

**VEGAN VITTLES: Second Helpings/Down-Home Cooking for Everyone** –Jo Stepaniak & the

people and critters of *Farm Sanctuary*. 2007, 243pp 8x9” \$19.95.

**VEGAN WITH A VENGEANCE: Over 150 Delicious, Cheap, Animal-Free Recipes That Rock** –Isa Chandra Moskowitz, co-host of the smash hit vegan cooking show, *The Post Punk Kitchen*. Special appeal to teens and young adults. 8pp color plates. 2005, 258pp 7x9” \$17.95.

**VEGAN WORLD FUSION CUISINE: Healing Recipes and Timeless Wisdom from Our Hearts to Yours** –Mark Reinfeld and Bo Rinaldi. Innovative and exceptional, *The Blossoming Lotus* restaurant in Kauai, Hawaii presents the beauty of vegan dining. Endorsed by Dr. Jane Goodall. 2<sup>nd</sup> Ed 2004, 247pp 9x10¼” hard \$24.95.

**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 which are 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.

**VEGETARIAN COOKING: For A Better World** –Muriel Dugan. Vegan favorites. 1995, 32pp 5x8” \$2.00.

**VEGETARIAN COOKING FOR PEOPLE WITH ALLERGIES: Wheat- and Dairy-Free** –Raphael Rettner, DC. Has helped many patients identify and overcome limitations of allergies. Recipes are great alternatives to favorites—without offending ingredients. 1997, 144pp 7x8” \$12.95.

**VEGETARIAN MAGIC: At the Regency House Spa** –John B.

Nowakowski, Executive Chef; fwd: Dr. Frank Sabatino. Within this book are many of the delicious recipes experienced by guests at the spa; no overwhelming difficulties in their preparation. 2000, 256pp 7x8" ~~\$19.95~~, \$12.00.

**VEGETARIAN NO-CHOLESTEROL FAMILY-STYLE COOKBOOK, THE** –Kate Schumann and Virginia Messina, MPH, RD. Good variety, partly food-reform (has white flour, sugar). 1995, 148pp 5½x8¼" \$9.95.

**VEGETARIAN SOUPS for ALL SEASONS: Bountiful Vegan Soups and Stews for Every Time of Year** –Nava Atlas. Revised and updated edition is dairy-free. Arranged in seasonal chapters; highlights the best produce for each time of year. 20 new recipes, plus a section of accompaniments to make while soups are simmering. 2006, 168pp 7½x9" \$15.95.

**VEGETARIAN TASTES OF TORONTO** –Toronto Vegetarian Association. Cosmopolitan variety of tasty, healthful, and quick recipes. 1996, 144pp 6x9" \$6.00.

**The VEG-FEASTING COOKBOOK: Favorite Recipes from Local Restaurants and Leading Chefs in the Pacific Northwest.** –Vegetarians of Washington. Gourmet vegetarian recipes from restaurants in Washington and Oregon. 2005, 256pp 8x9¼" \$18.95.

**VEGGIE LOVERS' COOKBOOK** –Chef Morty Star; fwd: Michael Klaper, MD. Treat yourself to 200+ delicious vegan recipes. 126pp 5½x8½" ring \$9.95.

**VENTURESOME VEGETARIAN COOKING: Bold Flavors for Meat- and Dairy-Free Meals** –J. M. Hirsch and Michelle Hirsch; fwd: John Mackey, founder, *Whole Foods Market*. Mother and son team uses flavors from around the world to put a

new face on vegan cuisine. 2004, 210pp 8x9½" glossy paper/full-color photos \$21.95.

**VERY VEGETARIAN: Healthy Eating without Meat, Eggs, or Dairy Products** –Jannequin Bennett, intro: Olympic Gold Medalist Carl Lewis who recommends a vegan diet for best athletic performance and your good health. 300+ recipes. 2001, 340pp 16color photos 7½x9½" hard \$24.99.

**VICE CREAM: Over 70 Sinfully Delicious Dairy-Free Delights** –Jeff Rogers. "Now...you can make your own gourmet frozen desserts without dairy products. And they'll taste better than *Ben and Jerry's* or *Baskin-Robbins* ever did!" –John Robbins. 2004, 98pp 6x8" \$12.95.

**VIETNAMESE FUSION VEGETARIAN CUISINE** –Chat Mingkwan. Renowned Asian culinary expert adapts Vietnamese cuisine to present time-honored favorites using completely **vegan** ingredients. 6pp full-color photos. 2007, 160pp 7x8" \$14.95.

**VIVE LE VEGAN! Simple, Delectable Recipes for the Everyday Vegan Family** –Dreena Burton. This busy mother shares easy ways of making wholesome nutritious meals kids will enjoy, and includes a baby-/toddler-feeding guide. Recommended by Erik Marcus. 2004, 190pp 7½x10" 19.95.

**The VOLUPTUOUS VEGAN** –Myra Kornfeld with George Minot. Over 200 "sinfully" delicious gourmet-style vegan recipes by an NYC restaurant chef and cooking instructor at *Natural Gourmet Cooking School*. (A few seen previously in *Absolutely Tofu* videos) 2000, 305pp 7¼x9¼" \$18.00.

**WARMING UP TO LIVING FOODS** –Elysa Markowitz. 50+ updated, favorite unfired recipes in new format. 1998, 144pp 7x8" many color illus. \$15.95.

**The WHOLE FOODS DIABETIC COOKBOOK** –Patricia Bertron, RD, Michael Cook, and Patricia Stevenson. Take the whole foods route to diabetes control. 2002, 159pp 7x8" \$14.95.

**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.

[See also: *Easy Vegan Recipes* and *Veganism: Getting Started* in AVS/*Ahimsa* Publications section]

## VEGAN IN QUANTITY:

[For caterers, restaurants, conventions, colleges, family gatherings, group events, etc. All the recipes are completely vegan.]

**VEGAN IN VOLUME** –Chef Nancy Berkoff, RD. New: Instruction, vegan recipes for 25 portions. Nutrition info, elegant party dining for adults, feeding kids, food storage and shelf life, cooking for students, fast food, holidays/special occasions, etc. Useful for the pro, local group, anyone with many people to feed well. 272pp 8½x11" \$19.95.

**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.

**VEGETARIAN QUANTITY RECIPES** –Debra Wasserman, Sally Clinton, and Reed Mangels, PhD, RD. 28 vegan recipes (batched: 25 and 50 portions). Source book, nutrition

analysis, recipes on 5x8" cards in 8½x11" folder \$15.00.

## **NEARLY-VEGAN** **COOKBOOKS:**

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

**The (ALMOST) NO FAT COOKBOOK: Everyday Vegetarian Recipes**—Bryanna Clark Grogan. (Companion to book below); excellent low-fat—but still tasty—recipes; (honey). 1994, 192pp 7x8" lie-flat \$12.95.

**The (ALMOST) NO FAT HOLIDAY COOKBOOK: Festive Vegetarian Recipes**—Bryanna Clark Grogan. (Companion to book above); presents recipes to enhance "special" days in many traditions: Chinese, Vietnamese, Christian, Indian, Baha'i, Muslim, Jewish, Buddhist, Canadian, United States; (honey). 1995, 192pp 7x8" lie-flat \$12.95.

**The AMERICAN VEGETARIAN COOKBOOK: from the *Fit for Life Kitchen***—Marilyn Diamond. "World class...cleverly disguised as a cookbook...really a doorway to a future of vibrant physical health for you", Michael Klaper, MD. 1990, 422pp 8½x11" hard \$26.95.

**CELEBRATION OF WELLNESS, A: A Cookbook for Vibrant Living**—James Levin, MD and Natalie Cederquist. An easy to use vegetarian cookbook...with over 300 low-fat and non-fat Heart Healthy, no dairy, no cholesterol, inspired recipes. 1992, 307pp 8¼x10¾" \$16.95.

**COOKIN' HEALTHY WITH ONE FOOT OUT THE DOOR: Quick Meals For Fast Times**—Polly Pitchford and Delia Quigley (The Bad Girls of Natural Foods). Over 140 creative ways to spend minimal time in the kitchen—most recipes under 15 minutes preparation time, with easy-

to-find ingredients; (honey). 1994, 160pp 5½x8½" \$8.95.

**COUNTRY KITCHEN COLLECTION: Fantastically Delicious & Nutritious Vegetarian Meals**—Phil and Eileen Brewer, proprietors of the bed and breakfast, *Silver Hills Guest House*, British Columbia. Guests learn about the eight natural doctors: sunlight, rest, exercise, water, good food, temperance, fresh air, and trust in God. Menus/recipes typical of a 21-day stay. 1992, 282pp 6x9" comb \$11.95.

**COUNTRY LIFE VEGETARIAN COOKBOOK: Delicious Recipes from the Kitchens of the Country Life Vegetarian Restaurants**—Ed: Diana J. Fleming. Fine recipes from Seventh Day Adventists; (honey). 1990, 188pp 6x9" ring \$9.95.

**EAT FOR STRENGTH**—Agatha Thrash, MD. Recipes/menus for regular or special needs. Written from SDA standpoint. "... a priceless one for those who are...budding vegetarians in search of enlightenment", L. A. Times; (honey). 1983, 222pp (1978, oil free 225pp) 7x9¾" \$8.95. [Specify: *regular* or *oil-free* edition]

**ECO-CUISINE: An Ecological Approach to Gourmet Vegetarian Cooking**—Chef Ron Pickarski. "...one of the world's most gifted chefs ... demonstrates that low-fat vegetarian food can be both delicious and nutritious, and one need not sacrifice enjoyment and pleasure for healthful eating", Dean Ornish, MD; (honey). 1995, 278pp 7¼x9" \$16.95.

**ETHNIC PRIDE IN VEGETARIAN COOKING**—Juanita Prince, BS, MA. Exciting, wholesome traditional tasting foods from the African-, Asian-, Italian-, and Mexican-American cultures; (honey). 1997, 8½x11" ring, plastic cover \$24.00.

**FABULOUS BEANS**—Barb Bloomfield. 100+ delicious legume recipes; excellent variety; (honey). 1994, 143pp 7x8" lie-flat \$9.95.

**FAMOUS VEGETARIANS & THEIR FAVORITE RECIPES: Lives & Lore from Buddha to the Beatles**—Rynn Berry. "From Gandhi's *chapattis* to George Harrison's *Dark Horse Lentil Soup*, this is a book that stimulates your brain and your digestion".—Jack Kroll, Sr. Ed, *Newsweek*. Bits of lives of past/present notable vegetarians and something of what they ate. 1999, 239pp 6x9" \$15.95.

**The New FARM VEGETARIAN COOKBOOK**—Louise Hagler & Dorothy Bates. This is a more health-conscious version of the '70s Hippy Cookbook from the folks in Summertown, Tennessee. (Some honey). 1989, 224pp 6x9" \$10.95.

**FAST COOKING IN A SLOW COOKER Every Day of the Year**—JoAnn Rachor. Use a slow cooker for baked potatoes, beans, cooked cereals, breads, soups, lasagna, apple crumble, brownies, and more. Trusted cook shares techniques for successful results. 2005, 144 pp 8½x11" wire \$14.95.

**FRIENDLY FOODS: Gourmet Vegetarian Cuisine**—Chef Ron Pickarski, Culinary Olympics Gold Medalist. Enticing recipes; "When it comes to elegant, dairyless vegetarian cooking, *Friendly Foods* is one of the best books available".—John Robbins. 1991, 278pp 7¼x9" \$16.95.

**The HIGH ROAD TO HEALTH: A Vegetarian Cookbook**—Lindsay Wagner and Ariane Spade. Over 200 delicious, healthful, satisfying recipes; includes entrees for *meat eaters*. 1990, 288pp 7x9" hard \$22.00; 1994 ed. card \$12.00.

**HOLIDAY DIET COOKBOOK**—Dorothy R. Bates, Ed: Neal D. Barnard, MD. Festive recipes for the U.S. and Christian holidays; menus

for each special day; (yogurt, Worcestershire sauce). 1994, 96pp 5¼x8¼" \$9.95.

**INTUITIVE COOKING: From the School of Natural Cookery**—Joanne Saltzman. Director and founder (1983) of the *School of Natural Cookery* (Boulder CO), Food preparation relying on intuition and connection with food, rather than recipes. Uses 70 different vegetables, 7 whole grains, and 12 plant proteins (gluten, beans, and nuts). Easy instructions; (rare use of ghee). 2006, 216pp 8x9" \$19.95.

**The JEWISH VEGETARIAN YEAR COOKBOOK**—Roberta Kalechofsky and Rosa Rasiel. For traditional Jewish holidays. Most recipes are vegan; (honey). 1997, 214pp 7¼x9¼" \$16.95.

**The JOY OF COOKING NATURALLY**—Peggy Dameron; fwd: Phyllis V. Sanders, PhD, Nutritionist. Good recipes and nutrition info; no refined fats or sugars; (honey). 1988, 156pp 5¼x9¼" comb \$9.95.

**The LIGHT BODY: A Transformational Cooking Guide to Health-Supportive Eating**—Marita Rose Collins; illus: Gina Rowan. Healthful, non-dairy, eggless; (honey). 1997, 138pp 8½x11" ~~\$19.95~~ \$10.00.

**LIVING IN THE RAW: Recipes for a Healthy Lifestyle**—Rose Lee Calabro; fwd: Gabriel Cousens, MD (H). Learn: how raw living foods can heal; to create a more natural lifestyle; to prepare nutritious desserts; how to increase joy in your life. 1998, 314pp 7x9" \$19.95.

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

**LORNA SASS' SHORT-CUT VEGETARIAN COOKBOOK: Great Taste in No Time** Over 100 quick vegan gourmet recipes; (several with cheese). 1997, 162pp 8x8" \$16.00.

**The McDOUGALL HEALTH-SUPPORTING COOKBOOK: Volume One**—Mary McDougall. 250 recipes/very lowfat; meals for special occasions; (honey). 2985, 122pp 6x9" \$9.95.

**The McDOUGALL HEALTH-SUPPORTING COOKBOOK: Volume Two**—Mary McDougall. 250 more recipes; party ideas; update on ingredients; (honey, Worcestershire sauce). 1986, 157pp 6x9" \$9.95.

**The MILLENNIUM RESTAURANT COOKBOOK: Extraordinary Vegetarian Cuisine**—Eric Tucker & John Westerdahl, MPH, RD, CNS; desserts: Sascha Weiss. "If there is a haute cuisine for vegans, this is it...creative elegant, and inspiring."—Mollie Katzen; (honey). 1998, 258pp 7¼x10¼" glossy paper/color photos \$19.95.

**The NATURAL LUNCHBOX: Vegetarian Meals for School, Work, & Home**—Judy Brown; fwd: "...very best in showing the whys and hows of eating for health without sacrificing convenience", Neal D. Barnard, MD. 320 quick/tasty recipes. 1996, 190pp 7x8" \$12.95.

**The NEW McDOUGALL COOKBOOK: 300 Delicious Ultra-Low-Fat Recipes**—John A. McDougall, MD, and Mary McDougall. Principles of good nutrition understood and practiced (honey). 1993, 405pp 6x9" \$13.95.

**NEWSTART: Weimar Institute's Lifestyle Cookbook**—Compiled and edited: Sally J. Christensen and Frances Piper deVries. More than 260 heart-healthy recipes featuring whole plant foods; (honey). 1997, 230pp 6x9" ring or perfect \$19.99.

**The NOW & ZEN EPICURE: Gourmet Cuisine for the Enlightened Palate**—Miyoko Nishimoto. In the Japanese *Kaiseki* style—Elegance is the keynote...Enjoyment is the result! (Honey). 1991, 250pp 8x9¼" \$17.95.

**OATS, PEAS, BEANS, BARLEY**—Edyth Young Cottrell. Grains, legumes, etc. 1994, 267pp 6x9" \$12.95.

**OF THESE YE MAY FREELY EAT: A Vegetarian Cookbook**—JoAnn Rachor. Over 250 cholesterol-free recipes; alternatives for honey, cheese given. Revised 2005, 92pp 5½x8½" \$2.95.

**The OPTIMAL DIET: The Official CHIP (Coronary Health Improvement Project) Cookbook**—Darlene Clainey, MSc, NCP, Hans Diehl, DrHSc, MPH, FACN. Recipes to Reverse and Prevent: Obesity, High Blood Pressure, High Cholesterol, Diabetes, Heart Disease. Lavish use of color, big, easy to read print. 18pp full-color photos. (some honey). 2007, 166pp 8x10½" spiral \$24.99.

**RAW FOOD Real World: 100 Recipes to Get the Glow**—Matthew Kenney and Sarma Melngailis. From *Pure Food & Wine*, successful young New York City chefs enliven the palate with delicately fresh food. Lavish full-color plates. (Near vegan. Some bee products.) 2005, 375pp 7¼x9½" hard \$34.95.

**SEVEN SECRETS COOKBOOK: Healthy Cuisine Your Family Will Love**—Neva and Jim Brackett. Over 200 recipes and variations, efficiency tips, substitutions that won't sacrifice flavor, children's favorites, menus for beginners. Lists and glossary; color photos throughout; (some honey). 2006, 124pp 8x10¾" spiral \$24.99.

**The SHOSHONI COOKBOOK: Vegetarian Recipes from the**

**Shoshoni Yoga Retreat** –Anne Saks and Faith Stone. About 180 fine recipes; (honey). 1993, 208pp 8x9¼" \$14.95.

**SOYFOOD RECIPES FOR THE AMERICAN TABLE: Favorite Dishes from the Folks at White Wave.** Variety of recipes featuring tofu, soy yogurt, tempeh, etc.; (honey, cheese). 1998, 98pp 6x9" \$9.95.

**SOYFOODS COOKERY: Your Road To Better Health** –Louise Hagler; intro: Mark Messina, PhD and Virginia Messina, MPH, RD. Great benefits and they enliven your meals, too; (honey). 1996, 160pp 5½x8½" \$9.95.

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

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

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

**The TEEN'S VEGETARIAN COOKBOOK**–Judy Krizmanic. Gentle nutrition info, mostly very easy recipes, fun foods and fun format, step-by-step menus; good for beginning adults, too. 1999, 186pp 6x9" \$10.99.

**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, 673pp 7x9" plastic-ring \$34.95.

**TOFU: Quick & Easy** –Louise Hagler. Tofu: this is what to do with it. 120 new recipes. The weight conscious, as well as the newcomer to vegetarianism will enjoy; (honey). 1986, 96pp 5x9" color pix \$11.95.

**TOFU & SOYFOODS COOKERY: Delicious Foods for a Healthy Life** –Peter Golbitz. How to use tofu, tempeh, soymilk, soy protein isolate, textured soy protein, soy flour, miso, and green soybeans; (honey). 1998, 174pp 7x8" lie-flat \$12.95.

**The TOFU COOKBOOK** –Leah Leneman. Over 150 quick and easy recipes; (honey). 1998, 6¼x8½" \$11.00.

**TOFU COOKERY** –Ed: Louise Hagler. 200 delicious, familiar and easy-to-follow recipes featuring *tofu*; (honey). 1991, 160pp 8x10¾" many color photos/glossy paper \$16.95.

**V CUISINE: The Art of New Vegan Cooking** –Angeline Linardis. Fresh take on vegan cooking, with new ways to introduce more fresh fruits and vegetables into one's diet. Optional honey. 16pp full-color photos. 2007, 224pp 8x9" \$29.95.

**VEGAN HOMESTYLE: Simple Recipes for Healthy Living** –Kay Hansen; fwd: Richard A. Hansen, MD. From Oregon's Emerald Valley Wellness Center. 240+ recipes. 19pp full color photos. Optional honey. 2006, 249pp 7x9¾" hard/spiral \$24.95.

**VEGAN SUCCESS: Scrumptious, Healthy Vegan Recipes for Busy People** –Susan C. Daffron and James H. Byrd. One of the *Logical Guides Series: Practical Solutions to*

*Everyday Problems*. Self-published and highly-accessible with 120 short, creative recipes for people who don't want to eat *Fast Food*. Includes *On Being Vegan*; *Vegan Glossary*; *Vegan Shopping List* –*Naming Names, Reading Labels*; and *Faking It*; dairy/egg substitutes. (some honey, but suggest using substitutes) 2006, 214pp 6x9" \$16.00.

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

**VEGETARIAN PERSUASION: A Handbook of Recipes for Healthful Living** –Canadian Natural Hygiene Society; fwd: Ron Cridland, MD. Attractive, simple (many raw), quick recipes; (a few egg, honey). 92pp 5¼x8½" \$7.00.

**VEGETARIAN'S ECSTASY: A Healthy Gourmet Celebration of over 250 no cholesterol, no dairy, lowfat recipes devoted to long life and good taste** –James Levin, MD. and Natalie Cederquist. Low-fat, zesty recipes; (honey). 1990, 320pp 8¼x10¾" \$16.95.

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

**100% VEGETARIAN: Eating Naturally from Your Grocery Store** –120pp 5½x8¼" ring \$6.95.

## **VEGETARIAN** **COOKBOOKS:**

[Mostly vegan. Some recipes in these books that use dairy or eggs give vegan alternatives, and thus provide help in transitioning to veganism.]

**BURGERS 'N' FRIES 'N' CINNAMON BUNS**—Bobbie Hinman Fast-food favorites. 1993, 55pp 5¼x8½" \$5.00.

**The CHICAGO DINER COOKBOOK: Vegan and Vegetarian**—Chef Jo A. Kaucher. Many variations for "international" flavor. 2002, 160pp 7x8" lie-flat \$12.95.

**FLAVORS OF THE SOUTHWEST: Vegetarian Style**—Robert Oser. Substitutes tofu and tempeh to revamp traditional meat dishes. Suitable for vegans & vegetarians; alternatives given for dairy, eggs, and honey. 1998, 190pp 7x8" lie-flat \$12.95.

**FRESH FROM THE VEGETARIAN SLOW COOKER: 200 Recipes for Healthy and Hearty One-Pot Meals That Are Ready When You Are**—Robin Robertson. Amazing repertoire of foods to make. (Alternatives given for eggs and dairy). 2004, 275pp 7¼x9" \$14.95.

**GREAT VEGETARIAN COOKING UNDER PRESSURE**—Lorna Sass. 150+ pressure cooker recipes. 1994, 272pp 7½x10¼" hard \$25.00.

**LUSCIOUS LOW-FAT DESSERTS**—Marie Oser. Cakes, cookies, puddings, pies. 1994, 124pp 7x8" \$7.00.

**SIMPLE FOOD FOR THE GOOD LIFE**—Helen Nearing. Some philosophy of simplified, natural lifestyle; easy recipes. 1980, 309pp 5¼x8" \$11.95.

**SIMPLE, LOWFAT & VEGETARIAN**—Suzanne Havala, MS, RD; Recipes: Marie Clifford, RD; fwd: Dean Ornish, MD. Great recipes with greatly reduced fat content. 1994, 368pp 6x9" \$14.95.

**SLIM THE VEGETARIAN WAY**—Leah Leneman. 1993, 144pp 5x7½" \$8.00.

**VEGETARIAN MEAT & POTATOES COOKBOOK**—Robin Robertson. 275 virtually vegan recipes (vegan alternatives given for egg and dairy products). 2002, 356pp 8x9" \$20.95.

## **NUTRITION:**

[*AHIMSA*—Special issue on protein; REPRINT on honey. See listing in AVS/Ahimsa section]

**A BASIC COURSE in VEGETARIAN and VEGAN NUTRITION, 9<sup>th</sup> Edition Revised**—George Eisman, MA, MSc, RD. One of the foremost U.S. experts in vegetarian nutrition, who created the first secular credit program in vegetarian studies, instructs this course which may be used for home study to gain a certification of educational achievement in vegetarian nutrition. 2006, 148pp 8½ x11" \$21.95.

**BECOMING VEGAN: The Complete Guide to Adopting a Plant-Based Diet**—Brenda Davis, RD and Vesanto Melina, RD, MS. More and more people are following a vegan way of life. Explore the benefits to health, the environment, the animals, and in alleviating world hunger. The info is here to get enough protein and calcium, what fats and carbohydrates are superior, insuring sufficient vitamin needs including B12. Appropriate vegan diets in pregnancy, for children, adults, athletes, and for later years are included. 2000, 224pp 8x11" \$17.95.

**BECOMING VEGETARIAN, The New**—Vesanto Melina, MS, RD and Brenda Davis, RD. Guide to making the big change safely. 2d ed. 2003, 372pp 7x10" \$19.95.

**BEING VEGETARIAN**—Suzanne Havala, RD. American Dietetic Assn. publication on vegetarian nutrition. 1996, 85pp 5½x8¼" \$6.95.

**The CALORIFFIC LIFESTYLE PROGRAM: Control Your Weight Forever on a Fun, Vegan, Calorie-Spending Program**—Jayn Meinhardt, MEd; pref: Neal D. Barnard, MD. Light-hearted look at weight control and human nutritional and ethical needs. Includes packet of "Calorie Dollars". 1996, 158pp 5¾x8½" ring \$8.95.

**COMPOSITION/FACTS ABOUT FOOD**—Ford Heritage. Nutritional values of vegan foods. Charts. 1968, 121pp 8½x11" \$14.50.

**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.

**MAXIMIZING YOUR NUTRITION**—Dennis Nelson. 1988, 4¼x5½" \$3.50.

**MINI/MAX DIET AND NUTRITION PROGRAM**—Dr. David A. Phillips. Maximum nutrition plan with the least calories. Nutrition tables. 200 foods. 1988, 159pp 6x9" \$8.95.

**The MIRACLE OF LIVING FOODS**—Kristine Nolfi, MD. Her personal history of natural regimen for healing of cancer. 1950s, 65pp 5¼x8¼" ~~\$2.95~~ \$2.00.

**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 SPROUT GARDEN: The Indoor Grower's Guide to Gourmet Sprouts** –Mark M. Braunstein. Growing your own. Recipes. 1993, 128pp 6x9" \$9.95.

**The SPROUTING BOOK: How to Grow and Use Sprouts to Maximize Your Health and Vitality**–Dr. Ann Wigmore. 1986, 116pp 6x9" \$9.95.

**The VEGAN DIET: As Chronic Disease Prevention** –Kerrie K. Saunders, PhD. Overwhelming benefits; know and live by these principles. 2003, 243pp 5¼x8¼" \$15.00.

**VEGAN NUTRITION: Survey of Research** –Gill Langley, MA, PhD. Vegan diet's scientifically proven advantages. 1995, (2d ed.) 208pp 5¼x8" \$19.95.

### **NUTRITION CHARTS:**

**FOOD COMBINING CHART: Place Mat** Full-color, laminated chart; food combining practices for optimum digestion, as in Dr. Shelton's concepts. 9x14" \$3.95; \$12.00/4.

**FOOD COMBINING MADE EASIER** –Dr. Tosca A. Haag. Full-color, laminated chart by Dr. Shelton protégé. 11x17" \$5.95.

**NEW FOUR FOOD GROUPS** PCRM's four basic vegan groups. Fanciful full-color examples; servings. Chart/place mat; info on reverse. 11x17" laminated \$3.95; \$12.00/4.

**NEW FOUR FOOD GROUPS** Another version from PCRM, as handout or poster in pdf format, is at [www.pcrm.org/health/veginfo/vsk/food\\_groups.html](http://www.pcrm.org/health/veginfo/vsk/food_groups.html)

**VEGAN FOOD GUIDE PYRAMID** –Melina/Davis. Full-color, laminated chart. \$5 Lg, \$2 Sm.

**VEGAN NUTRITION WALL CHART** –Liz Cook, BSc (Hons) CM/N. Gives vegan sources for protein, fats, vitamins, minerals, and fiber. Kids love it. Colorfully illustrated, 34x7" thin laminate \$7.00.

## **NATURAL LIVING AND HEALTH:**

**The 30 DAY DIABETES MIRACLE: Lifestyle Center of America's Complete Program to Stop Diabetes, Restore Health, and Build Natural Vitality** –Franklin House MD, Stuart A. Seale MD, Ian Blake Newman. A wholesome vegan diet, exercise, sunshine, and rest, give hope, energy, and zest to life. Feel and look healthier than you ever imagined. 2008, 333pp 6¼x9½" \$24.95.

**ADDITIVES BOOK** –Beatrice Trum Hunter. Exposé of known harmful substances being added to foods. 1980, 136pp 4¼x7" \$2.95.

**BIRD FLU: A Virus of Our Own Hatching** –Michael Greger, MD, fwd: Kennedy Shortridge, PhD, DSc (Hon), CBiol, FIBiol. Powerful history of how humans' intensive factory farming of poultry—from the 20<sup>th</sup> century to today—has caused the threat of bird flu transmission to people. Meticulously researched and written, Greger pens part history, part science, part argument; a must read for gov't/public health officials, poultry industry leaders, medical professionals, veterinarians, and the general public. 2006, 483pp 6x9½" \$30.00.

**BREAKING THE FOOD SEDUCTION: The Hidden Reasons Behind Food Cravings—and 7 Steps to End Them**

**Naturally** –Neal Barnard, MD; menus: Joanne Stepaniak. Insights into the chemical reasons behind cravings; simple steps to alleviate them; special advice to handle kids' sugar cravings. 2003, 324pp 6x9" card \$14.95.

**CARBOPHOBIA!: The Scary Truth About America's Low-Carb Craze** –Michael Greger, MD. Convincingly demonstrates why high-protein, low-carbohydrate diets are harmful. 2005, 162pp 5x8" \$12.00.

**CARPAL TUNNEL SYNDROME: The Comprehensive Guide to Prevention, Treatment and Recovery** –Tammy Crouch. A layperson's guide to *repetitive stress injuries*. 1995, 163pp 7x9¼" \$14.95.

**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. 2005, 417pp 6x9" \$16.95.

**COCONUT OIL for Health and Beauty** –Cynthia Holzapfel and Laura Holzapfel. Used in food preparation, and as a beauty aid, coconut oil has a long and beneficial history, and newly recognized properties to praise. 2004, 128pp 6x9" \$9.95.

**The DECLINE OF THE MEDICAL PROFESSION IN PUBLIC ESTEEM** –A classic; malpractice, fee-scams, etc. 1955, 64pp 6x9" \$1.00.

**DEFEATING DIABETES: A No-Nonsense Approach to Type 2 Diabetes and the *Diabesity* Epidemic** –Brenda Davis, RD and Tom Barnard, MD; fwd: David J. A. Jenkins, MD; recipes: Barb Bloomfield. Practical steps needed to

construct a diet and lifestyle that works. 2003, 279pp 6x9" \$14.95.

**DIABETES & THE HYPOGLYCEMIC SYNDROME: Facts, Findings, and Natural Treatments** –Agatha M. Thrash, MD, FACP, and Calvin L. Thrash, MD, MPH. Natural Remedies for Preventing and Controlling Diabetes and Related Problems. 1993, 214pp 5½x8½" \$14.95.

**DIET AGAINST CANCER: Lessons about Food and Nutrition to Help Reduce your Risk** –George Eisman, RD. In textbook-style: *Part I: The Relationships between Cancer and Food, Part II: Nutrition and Diet Basics*, from proteins, carbohydrates, fiber, lipids (fats & oils) to digestion and adsorption, weight control, vitamins, minerals and vegan foods. Eisman spells out the pros of an exclusively-plant diet vs the disease-prone, meat-centric diet. 2006, 104pp 8½x11" \$19.95.

**DISCOVERED SECRETS: A Self Metamorphosis, Inspiration for Self-Healing** –Barbara Ann Ellicott, PhD. Story of how a woman (now vegan and in her 60s) with a passion for life, used exercise and became a vegetarian to beat all the odds as a marathon runner. 2007, 118pp 6x9" \$15.00.

**DR. DEAN ORNISH'S PROGRAM FOR REVERSING HEART DISEASE: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery** –Recipes/menus (200pp): Mollie Katzen, Deborah Madison, Wolfgang Puck, Alice Waters, Judy Gethers. 1992, 634pp 6¼x9¼" \$15.00.

**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. Paperback edition of this must-read book for anyone with diabetes. Information for many other major health conditions, as well. 2007, 272pp 6x9" \$15.95.

**DON'T DRINK YOUR MILK!: New Frightening Facts About the World's Most Overrated Nutrient** –Frank A. Oski, MD. Health problems of milk; not best solutions, but lots of good info. 1996, 115pp 5¼x8¼" \$7.95.

**EAT RIGHT, LIVE LONGER: Using the Natural Power of Foods to Age-Proof Your Body** –Neal Barnard, MD; recipes and menus: Jennifer Raymond. 1995/1997, 388pp 5x8" \$13.00.

**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.

**FASTING AND EATING FOR HEALTH: A Medical Doctor's Program for Conquering Disease** –Joel Fuhrman, MD; fwd: Neal D. Barnard, MD. An alternative to surgery and drugs. 1995, 255pp 5¾x8½" hard \$23.95; 5½x8¼" card \$14.95.

**FOOD ALLERGIES MADE SIMPLE: The Complete Manual for Diagnosis, Treatment, and Prevention of Food Allergies** –Phyllis Austin, Agatha Thrash, MD,

Calvin Thrash, MD. 1985, 80pp 5½x8½" \$4.95.

**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 FOR LIFE: How the New Four Food Groups Can Save Your Life** –Neal Barnard, MD; fwd: Dean Ornish, MD; recipes/menus (120pp): Jennifer Raymond. Vegan-nutrition health-standard. 1993, 334pp 6x9" \$14.95.

**FOODS THAT CAUSE YOU TO LOSE WEIGHT: The Negative Calorie Effect** –Neal Barnard, MD; recipes/menus: Jennifer Raymond. Outlines the natural foods, fruits and vegetables, that melt down and drain weight away. Great, too, for lowering dangerous cholesterol levels. 2<sup>nd</sup> ed/1997, 192pp 5¼x8½" \$12.95.

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

**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.

**GET THE FAT OUT: 501 Simple Ways to Cut the Fat in Any Diet** –Victoria Moran. "It's so scientifically accurate, well organized, and user-friendly; I plan to recommend it to the 6,000 patients in my clinic". –

Charles R. Attwood, MD. 1994, 186pp 5½x8¼" \$11.00 **SALE \$6.00.**

**The HEALING POWER OF NATUREFOODS: Volume 1**—Susan Smith Jones, MS, PhD. The latest research on the "HOT" 50 superfoods that prevent the most common age-related illnesses, plus easy-to-prepare recipes. 2007, 158pp 7x9" \$14.95.

**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 AT 100—The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples**—John Robbins. Examples of aging well in Abkhazia, Hunza, Vilcabamba, and Okinawa. Habits of these noted cultures enhanced by scientific insight. 2006, 357pp 6¼x9½" hard \$25.95.

**HEALTHY EATING FOR LIFE—TO PREVENT AND TREAT CANCER: With Over 80 Delicious Recipes**—Physicians Committee for Responsible Medicine with Vesanto Melina, MS, RD; fwd: Neal Barnard, MD; menus/recipes: Jennifer Raymond. "Cancer research has shown that what you eat is one of the strongest factors in preventing cancer." 2002, 244pp 6x9" \$14.95.

**HEALTHY EATING FOR LIFE—TO PREVENT AND TREAT DIABETES: With 98 delicious Recipes**—PCRM with Patricia Bertron, RD; fwd: Neal Barnard, MD; recipes/menus: Jennifer Raymond. "You can help prevent and control diabetes through simple diet and lifestyle changes that

are a pleasure to make instead of a chore." 2002, 244pp 6x9" \$14.95.

**HEALTHY EATING FOR LIFE—FOR WOMEN: With Over 100 Delicious Recipes**—PCRM with Kristina Kieswer; fwd: Neal Barnard, MD; recipes/menus: Jennifer Raymond. "...simple changes to your diet can significantly improve your health, from easing your menstrual and menopausal symptoms to strengthening your bones and protecting your heart." 2002, 260pp 6x9" \$14.95.

**HEALTHY HEART HANDBOOK: How to prevent and reverse heart disease, lower your risk of heart attack and cancer, reduce stress, and lose weight without hunger**—Neal Pinckney, PhD. 1996, 306pp 5½x8¼" \$11.95.

**HEALTHY MARTIAL ARTS**—Jolie Bookspan, PhD, vegan, sports medicine specialist, military scientist, 4th degree Black Belt, and undefeated full contact fighter. Daily practice for a healthy lifestyle, free from supplements, special weights, machines, equipment, or a gym. Photos throughout. 2006, 228pp 8x11" \$24.95.

**The HEALTHY VEGETARIAN**—Sri Swami Satchidananda; (Includes: **Balanced Diet, Balanced Life**—Sandra McLanahan, MD.); fwd: Dean Ornish, MD. Guide to healthy life; vegan options. 1994, 115pp 5¼x8¼" \$6.95.

**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 YOURSELF, so...Hate the Weight**—Brother Craig. "100 practical tips that really worked for me. You, too, can feel better, look better—even be better!" 1997, 127pp 7x5" \$9.95.

**MAD COWBOY: Plain Truth from the Cattle Rancher Who Won't Eat Meat**—Howard F. Lyman with Glen Merzer. *Oprah Winfrey/Texas Beef Defamation Suit*. Meat's health, economic, and environmental hazards. 1998, 223pp 5½x8¾" hard, includes video \$23.00; \$55.00/3.

**McDOUGALL PLAN, THE**—John A. McDougall, MD; recipes: Mary A. McDougall, LPN; fwd: Nathan Pritikin. "...The McDougall Plan is getting close to God's original diet (Gen. 1:29; 3:18) and the closer we get to that the better health we will enjoy," John A. Scharffenberg, MD, MPH. 1983, 340pp 6x9" \$11.95.

**The McDOUGALL PROGRAM FOR A HEALTHY HEART: A Lifesaving Approach to Preventing and Treating Heart Disease**—John A. McDougall, MD; recipes: Mary A. McDougall. 1998, 430pp 6x9" \$15.95.

**The McDOUGALL PROGRAM FOR MAXIMUM WEIGHT LOSS**—John A. McDougall, MD; recipes: Mary McDougall. "You never have to be fat or hungry again," *Your Health*. 1995, 324pp 6x9" \$16.00.

**McDOUGALL'S MEDICINE—A CHALLENGING SECOND OPINION**—John A. McDougall, MD. A Q & A critique of acceptable medical treatments relating to *cancer, osteoporosis, heart disease, urinary disease, atherosclerosis, diabetes, and hypertension*. 1985, 308pp 6x9" \$12.95.

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

**MILK: A MESSAGE TO MY PATIENTS**—Robert M. Kradjian, MD. Health dangers of non-human milk to humans. 10pp 8½x11" \$2.00.

**MILK A-Z** –Robert Cohen. Designed in quasi-children's format but for adults as well. A referenced alphabet of reasons to shun cow milk. 2001, 63pp 7¼x9" hard \$14.95.

**MILK: The Deadly Poison** –Robert Cohen; fwd: Jane Heimlich. Milk implicated in more health crises than meat. 1998, 317pp 6x9" hard \$14.95.

**NO MORE BULL! The Mad Cowboy Targets America's Worst Enemy: Our Diet** –Howard F. Lyman with Glen Merzer and Joanna Samorow-Merzer. Poor farming practices and the dangers of eating meat. How the public is misled about nutrition. What to eat and do now. 2005, 274pp 5½x8½" \$13.00.

**PETER BURWASH'S AEROBIC WORKOUT BOOK FOR MEN: An easy-to-follow daily 20-minute program that strengthens and tones the entire body** –Peter Burwash and John Tullius. Aerobics physiologically and psychologically designed to develop a *man's* body and a *man's* fitness. 1984, 151pp 7½x9¼" \$11.95. **SALE \$6.00.**

**PHYSICIAN'S SLIMMING GUIDE, A: For Permanent Weight Control** –Neal D. Barnard, MD. This program is more powerful than any diet! 1992, 80pp 5x8" \$7.95.

**The PLEASURE TRAP: Mastering the Hidden Force that Undermines Health & Happiness** –Douglas J. Lisle, PhD. and Alan Goldhamer, DC.; fwd: John McDougall, MD. "...challenges conventional wisdom about sickness and unhappiness in today's contemporary culture... offers ground-breaking solutions for change... hope for anyone stuck in a self-destructive rut." 2003, 226pp 6¼x9¼" hard \$24.95, soft \$12.95.

**POISON WITH A CAPITAL C: A Case Against Coffee And Other Brown Drinks** –Agatha Thrash, MD and Calvin Thrash, MD. These substances are bewitching; their song

is sweet, but the end is bitter indeed. 2000, 61pp 5½x8½" \$4.95.

**The POWER OF YOUR PLATE: A Plan for Better Living** –Neal D. Barnard, MD. Advice from twenty experts on the power of foods to work for you in controlling weight and in the prevention and alleviation of many diseases. 1995 (rev. ed.) 255pp 5½x9" \$12.95.

**PREVENT AND REVERSE HEART DISEASE: The Revolutionary, Scientifically Proven, Nutrition-Based Cure** –Caldwell B. Esselstyn, Jr., MD; fwd: T. Colin Campbell, PhD. Based on findings of a now 20-year study, first published in *The Journal of Cardiology*. Includes helpful recipes. 2007, 308pp 6¾x9¾" \$24.95.

**QUANTUM WELLNESS: A Practical and Spiritual Guide to Health and Happiness** —Kathy Freston (Fwd: Mehmet Oz, MD). Presents a multi-dimensional experience of body, mind and spirit; cultivates an awareness of self-sustaining choices, including food sources. Vegan, and featured on "Oprah". 2008, 282pp 6½x9¼" hard \$23.95.

**QUIT FOR GOOD: How to Break a Bad Habit** –Ralph C. Cinque, DC. Are you committing suicide on the installment plan? Five easy steps is all it takes for you to conquer your addictions and transform your behavior. 1994, 138pp 5½x8½" \$8.95.

**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.

**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.

**RECLAIMING OUR HEALTH: Exploding the Medical Myth and Embracing the Source of True Healing** –John Robbins. Integrates the best of conventional and alternative therapies. 1998, 420pp 6x9" hard \$24.00; card \$15.95. **SALE \$14.95.**

**SAVE YOURSELF FROM BREAST CANCER** –Robert M. Kradjian, MD. Prevention in laypersons' language; section on *prostate cancer* also. 1994, 22pp 8½x11" \$2.00.

**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" \$17.00.

**SIX EXTRA YEARS, How You Can Live** –Lewis R. Walton, JD; Jo Ellen Walton, MD; John A. Scharffenberg, MD. "...pinpoints precise factors that help to make this long and healthy life possible among Seventh-day Adventists in particular." 1988, 161pp 5x8" \$5.95.

**SKINNY BITCH: Bun in the Oven** –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.

**SPECTRO-CHROME GUIDE** –Darius Dinshah. Better health through color therapy; condensed from his *Let There Be Light*. 1997, 104pp 7x10" hard \$9.00.

**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.

**TODAY'S MEAT: How safe is it?**—Katy Chamberlin. What meat buyers should know about meat, fish, and chicken. 1995, 76pp 4¼x7" \$3.95.

**TURN OFF THE FAT GENES! The Revolutionary Guide To Losing Weight**—Neal Barnard, MD, points out that the work of these genes is influenced by nutrition and environment. With menus and recipes by Jennifer Raymond; fwd: Dean Ornish, MD. 2001, 350pp 6x9" card \$14.00.

**UNLEASH THE POWER OF NATURE FOODS: 50 Revitalizing Foods that Heal Your Body, Promote Radiant Health & Rejuvenate Your Life**—Susan Smith Jones, MS, PhD. The fruits, nuts, seeds and vegetables recommended are described alphabetically. Value and benefit from them by trying the recipes given. 2006, 176pp 7x9" \$16.00.

**YOU DON'T NEED MEAT**—Peter Cox; intro: Neal Barnard, MD. 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.

**YOUR SIGHT AND HEARING**—Merle A. Wilson; intro: Dr. Herbert M. Shelton. How senses work; natural help. 1967, 135pp 5½x8½" comb \$15.00.

## **NATURAL HYGIENE BOOKS:**

By Dr. Herbert M. Shelton (1895-1985). One of the foremost natural health teachers of the 20<sup>th</sup> (or any) century; cofounder: American Natural Hygiene Society (now National Health Association).

**FASTING CAN SAVE YOUR LIFE** 2<sup>nd</sup> ed/1996 185pp 5½x8" \$10.95.

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

**HEALTH FOR THE MILLIONS** Excellent exposition of basis for better nutrition and health. 2<sup>nd</sup> ed/1996, 316pp 5¼x8" \$9.95.

**An INTRODUCTION TO NATURAL HYGIENE** 1963 reprint, 92pp 6½x8½" comb \$12.50.

**NATURAL HYGIENE: The Pristine Way of Life** Building health. 2<sup>nd</sup> ed/1994, 645pp 5½x8½" \$15.95.

**The SCIENCE AND FINE ART OF FOOD & NUTRITION** Hygienic System Vol. 2. 7<sup>th</sup> ed/1996, 593pp 5x7" \$14.95.

**The SCIENCE AND FINE ART OF NATURAL HYGIENE** Hygienic System Vol. 1. 3<sup>rd</sup> ed/1994, 420pp 5x7" \$14.95.

### **N.H.A. (A. N. H. S.) ITEMS BY OTHER AUTHORS:**

**ARE YOU A CANDIDATE FOR CANCER? How to Know and What to Do**—Hannah Allen, (Former president, A.N.H.S.) 1977, 28pp 5½x8" \$2.95.

**DICTIONARY OF NATURAL FOODS**—Dr. William L. Esser. Listing of natural vegan foods; food values. Illustrations. 1983, 166pp 5½x8¼" \$9.95.

**The GREATEST HEALTH DISCOVERY**—A.N.H.S. A history and basic practice of Natural Hygiene. 1972, 241pp 4¼x7" \$2.95.

**HOMEMAKERS' GUIDE TO FOODS FOR PLEASURE AND HEALTH and Handbook for Hygienic Living**—Hannah Allen. Natural dining/living guide. 1976, 238pp 4¼x7" \$3.50.

**MEDICAL DRUGS ON TRIAL? VERDICT "GUILTY!": An Exposé of the Present Day Practice of Medicine; the Drug Industry; and Food Technology**—Keki R. Sidhwa, ND, DO. 1976, 242pp 4¼x7" \$3.25.

**The NATURAL HYGIENE DIET**—A.N.H.S. Learn how to design a healthful vegan diet to meet your individual needs! 1999, 126pp 6x8¼" \$10.95.

**The NATURAL HYGIENE HANDBOOK** "will show you how to live a healthier, happier life than you ever thought possible!" 1996, 125pp 6x8¼" \$10.95.

**SELF CARE vs. MEDICAL CARE: How To Do Your Own Health Checkup**—Hannah Allen. 1984, 5½x8½" \$2.95.

## **VACCINATION:**

**AHIMSA #36-02 – 35<sup>th</sup> Anniversary Special:** Articles on vaccination objections (ethical, religious, health); acute & chronic diseases caused; traveling without shots. 32pp 8½x11" \$2.00.

**IMMUNIZATION RESOURCE GUIDE**—Diane Rozario. Reviews, resources. 2002, 238pp 5¼x8½" \$13.95.

**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.

**MASS IMMUNIZATION: A Point In Question** –Trevor Gunn. Statistical/diagnostic faking. Infectious diseases sharply decline with no shots. 1992, 32pp 5¼x8¼" \$4.50.

**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.

**VACCINATIONS MAY BE HARMFUL TO YOUR HEALTH** –Freedom of Health. 1995, 72pp 4½x7¼" Ingredients and culture of vaccines, principles of health maintenance. \$3.95.

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

**The VACCINE GUIDE** –Dr. Randall Neustaedter. Poisonous ingredients, short/long term reactions. Exemptions. 1996, 260pp 6x9" \$18.95.

**VACCINES: Are They Really Safe & Effective?** –Neil Z. Miller. Documented record=vaccines a fiasco. 1999, 78pp 5½x8½" \$8.95.

**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" \$13.95.

[See in: *Birth/Babies/Children*  
**HOW TO RAISE A HEALTHY CHILD...IN SPITE OF YOUR DOCTOR**, \$5.99]

## **VIVISECTION:**

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

**ANIMAL EXPERIMENTATION & HUMAN MEDICINE** – PRISM. 1995, 38pp 5½x8½" \$2.95.

**The CRUEL DECEPTION** –Dr. Robert Sharpe. Refutes myths of vaccination wiping out diseases and creating a healthier society. Illustrated. 1988, 288pp 5¼x8½" \$12.95.

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

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

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

**SACRED COWS and GOLDEN GEESE: The Human Cost of Experiments on Animals** –C. Ray Greek, MD and Jean Swingle Greek, DVM; fwd: Jane Goodall: "... (they) show that the use of live animal research is unethical, not with relation to the suffering of the animals as more commonly held, but because faulty science underpins it." 2003, 256pp 6x9" \$18.95.

**SCIENCE ON TRIAL: Human Cost Of Animal Experiments** –Dr. Robert Sharpe. Failures and false results in vivisection. 1994, 156pp 5¾x8¼" \$15.95.

**The SIXTH DAY OF CREATION: A Discourse on Post Biblical, Post Modern Thought** – Roberta Kalechofsky; illus: Barbara Baine Goodsitt. A vivid poetic

interpretation of the devolution of humanity—apparent through its treatment of other species and, more importantly, of itself. 1986, 19pp 5½x8½" hard **SALE \$3.95**.

**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: Science or Science Fiction?** –PRISM. Health fiasco. 1990, 34pp 5½x8½" \$1.95.

**VIVISECTION: Science Or Sham?** Roy Kupsinel, MD. 1990, 16pp 5½x8½" 25¢.

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

[See also: *ANIMAL OPPRESSION, NATURAL HEALTH, VACCINATION, PHILOSOPHY/RELIGION*]

## **ANIMAL OPPRESSION:**

**ALL HEAVEN IN A RAGE** –E.S. Turner. Portrays the long British struggle for humane treatment of animals. 1992, 336pp 5½x8½" \$18.95.

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

**ANIMAL LIBERATION** –Peter Singer. The book that started a revolution. Unrhetorical and unemotional, Singer bases his case on moral positions already widely accepted. 3<sup>rd</sup> Edition, 2002, 324pp 5¼x8" \$14.95.

**The ANIMAL RIGHTS DEBATE: Philosophers Debate Contemporary Issues** –Prof. Carl Cohen (Contra) and Prof. Tom Regan (Pro). 2001, 323pp 6x9" \$21.95.

**ANIMAL UNDERWORLD** –Alan Green. Inside U.S. black market for rare/exotic animals. 1999, 286pp 6½x9½" hard \$25.00.

**ANIMALS AS PERSONS: Essays on the Abolition of Animal Exploitation** –Gary L. Francione. Advocates a wholly consistent animal rights position which is uncompromisingly against any use and abuse of animals. Pro-vegan, and rigorously argued. 2008, 235pp 6¼x9¼" hard \$35.00.

**ANIMALS IN SOCIETY** –Zoe Weil. Animals in religion, education, food/clothes, experiments. For HS, Jr.HS ages. Illus. 1991, 26pp 6x9" \$5.95.

**ANIMALS, NATURE, AND ALBERT SCHWEITZER** –Ed. Ann Cottrell Free. Quotes about animals, ethics, etc., in this humanitarian's view. Many photos. 1988, 81pp 6x9"\$7.95.

**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.

**ANYTHING WITHIN REASON** – Jon Wynne-Tyson. Satirical novel: food, our place in the world. 1994, 191pp 6½x9" hard \$16.95.

**AUTOBIOGRAPHY OF A REVOLUTIONARY: Essays On Animal And Human Rights** – Roberta Kalechofsky. 1991, 189pp 5½x8½" \$11.95.

**BATTERED BIRDS – CRATED HERDS: How We Treat The Animals We Eat** –Gene Bauston. Factual, well illustrated documentary of farmed animals' miserable existence. 1996, 64pp 7x10" \$6.95.

**BEAUTY WITHOUT THE BEASTS: A Guide to Cruelty-Free Personal Care** –Heather Chase. How to transform beauty rituals into acts of compassion by choice of skin care, make-up, apparel, food, and other aspects of living. 2001, 140pp 5½x8½" \$15.00.

**CAPERS IN THE CHURCHYARD: Animal Rights Advocacy in the Age of Terror** –Lee Hall, fwd: Jeffrey Moussaieff Masson. 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

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

**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" \$15.00.

**The DREADED COMPARISON: Human and Animal Slavery** – Marjorie Spiegel; fwd: Alice Walker. Animals today are often treated as many humans were in the slave condition. Revised edition, 1996, 128pp 5¼x8¼" \$12.95.

**The DUTY of MERCY** –Humphry Primatt; Ed. Richard D. Ryder. Fine 18<sup>th</sup> century advocacy of animal rights. 1992, 127pp 5½x8½" \$17.95.

**EMPTY CAGES: Facing the Challenges of Animal Rights** –Prof. Tom Regan; fwd: Jeffrey Moussaieff Masson. 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" hard \$21.95.

**ETERNAL TREBLINKA: Our Treatment of Animals and the Holocaust** –Charles Patterson; fwd: Lucy Rosen Kaplan, Esq. 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.

**FARM SANCTUARY: Changing Hearts and Minds About Animals and Food** –Gene Baur. Leading animal rights activist examines the real cost of meat on our plates—for humans and animals alike—in this provocative examination of the modern farm industry. 2008, 287pp 6½x9½" hard \$25.00.

**FOR THE PREVENTION OF CRUELTY: The History and Legacy of Animal Rights in the United States** –Diane L. Beers.

Organized animal advocacy emerged in the U.S. after the Civil War. Beers reveals the powerful and lingering bonds that connect the seemingly disparate ASPCA of the 19th Century to the PETA of today. 2006, 312pp 6x9 1/4" \$19.95.

**IN DEFENSE OF ANIMALS: The Second Wave** –Peter Singer, Editor. A collection of contemporary essays on philosophical thought and animal rights. 2005, 264pp 6x9" \$21.95.

**INTRODUCTION TO ANIMAL RIGHTS** –Prof. Gary L. Francione. Clearly written guide to examining our treatment of non-human animals. 2000, 229pp 6x9" \$19.95.

**The LONGEST STRUGGLE: Animal Advocacy from Pythagoras to PETA** –Norm Phelps. Animal rights movements viewed in historical perspective. Author analyzes tactics and their effectiveness. Helpful for activists. 2007, 368pp 5 1/2x8 1/2" \$20.00.

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

**MORAL INQUIRIES: On the Situation of Man and Of Brutes** – Lewis Gompertz; ed: Peter Singer. 19<sup>th</sup> century work by a founder of the RSPCA (British). 1992, 160pp 5 1/2x8 1/2" \$15.75.

**MORE THAN A MEAL: The Turkey in History, Myth, Ritual, and Reality** –Karen Davis, PhD. Paradox of how a bird, viewed as epitome of failure or stupidity, came to be centerpiece in celebration of all-American "Thanksgiving". 2001, 192pp 6x9" \$20.00.

**The NON-VIOLENT REVOLUTION** –Nathaniel Altman. *Ahimsa* (dynamic harmless) in the context of environment, food, livelihood. 1988, 180pp 5 1/2x8 1/2" ~~\$15.95~~ \$9.95; with #5 *Ahimsa* video \$15.95.

**The PHILOSOPHY OF ANIMAL RIGHTS** –Prof. Tom Regan. Booklet sums it up: 10 reasons for animal rights; arguments/replies. 28pp 5 1/2x8 1/2" heavy paper \$1.75.

**A PRIMER ON ANIMAL RIGHTS: Leading Experts Write about Animal Cruelty and Exploitation** –Ed: Kim W. Stallwood; fwd: Jeremy Rifkin. Wide-ranging anthology. 2002, 284pp 6x9" \$20.00.

**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. 1996, 176pp 5 1/2x8 1/2" \$12.95.

**RAIN WITHOUT THUNDER: Ideology of the Animal Rights Movement** –Prof. Gary L. Francione. Controversial case for abolition—not reform—of animal slavery. 1996, 366pp 6x9" \$24.95.

**RATTLING THE CAGE: Toward Legal Rights For Animals** –Steven M. Wise; fwd: Jane Goodall. Animals as "things" or living, feeling beings? The long road to now, and beyond. Harvard professor argues that animals should be accorded legal rights. 2000, 362pp 6 1/4x9 1/2" hard \$25.00.

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

**The SILENT ARK** –Juliet Gellatley and Tony Wardle. Exposé: meat—the global killer, "mad cow" scandal, etc. 1996, 241pp 5x7 3/4" \$12.95.

**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.

**SPEAKING OUT FOR ANIMALS: True Stories About Real People Who Rescue Animals** –Ed: Kim W. Stallwood; fwd: Jane Goodall. Models ways for people to stop injustice and cruelty; become actively involved in campaigns against violence, and promote compassionate ways of life. 2001, 242pp 6x9" \$18.00.

**SPECIESISM** –Joan Dunayer. Attitudes to animals, shown through language, legitimize their abuse. When thoughts, words, and behaviors change, an abolitionist stance for the emancipation of all animals can arise to free them from tyranny. Only veganism respects nonhuman rights. 2004, 204pp 6x9" \$18.95.

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

**STROLLING WITH OUR KIN: Speaking for and Respecting Voiceless Animals** –Marc Bekoff; fwd: Jane Goodall. An examination of how we can live in harmony with our fellow animals, written especially for young adults. 2000, 128pp 6x9" \$9.95.

**The STRUGGLE FOR ANIMAL RIGHTS** –Prof. Tom Regan; intro: Colman McCarthy. What animal

rights activists must do; where they must do it; and how they can succeed. 1987, 197pp 5¼x8" \$10.00.

**The UNIVERSAL KINSHIP** –J. Howard Moore; ed: Prof. Charles Magel. Fine 1906 animal rights advocacy, based on relationship to humans. 1992, 367pp 5x8" \$18.95.

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

**WITHOUT A TEAR: Our Tragic Relationship with Animals** –Mark H. Bernstein. "...a major contribution to contemporary philosophical discussions about the moral status of animals." –Rev. Andrew Linzey. 2004, 208pp 6x9" \$25.00.

## **ANIMALS/PETS:**

**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.

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

**ANIMAL GRACE** –Mary Lou Randour. A call to develop awareness and compassion for our fellow animals as part of a path toward spiritual growth. 2000, 168pp 6x8½" hard \$20.00.

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

**LIVING IN HARMONY WITH ANIMALS: Practical Tips from**

**Animal Rights Columnist** –Carla Bennett. "...this intriguing, upbeat book makes a compassionate lifestyle fun and rewarding" – Candice Bergen. 1999, 160pp 6x9" \$9.95.

**NO ROOM, SAVE IN THE HEART: Poetry and Prose On Reverence for Life—Animals, Nature & Humankind** –Ann C. Free. 1987, 120pp 6x9" \$8.95.

**The PIG WHO SANG TO THE MOON: The Emotional World of Farm Animals** –Jeffrey Moussaieff Masson. "... It will change the way people think about the animals they encounter every day—on their plate". –Peter Singer. 2003, 288pp 6½x9½" \$13.95.

**PORTRAIT OF A BURGER AS A YOUNG CALF: The Story of One Man, Two Calves, and the Feeding of a Nation** –Peter Lovenheim. Author follows two calves from birth to griddle. 2003, 272pp 5¼x8" \$14.00.

**The SOUL OF YOUR PET: Evidence for the Survival of Animals After Death** –Scott S. Smith. 2003, 120pp 6x9" \$13.95.

**The SOULS OF ANIMALS** –Gary Kowalski; fwd: John Robbins. Animals: living, thinking, feeling, spiritual beings. 1999, 114pp 5½x8¼" \$12.95.

**WHEN ELEPHANTS WEEP** – Jeffrey Moussaieff Masson and Susan McCarthy. Landmark exploration of emotions of non-human animals. 1995, 291pp 6x9" hard \$23.95; smaller type, 5¼x8" card \$16.00.

**YEAR OF THE GORILLA** – George Schaller. Study of gorillas in natural habitat; very little fruit, mostly vegan diet. 1988, 260pp 5¼x8" \$16.95.

## **ENVIRONMENT/ NATURAL GARDENING:**

**From CRABGRASS MUFFINS to PINE NEEDLE TEA: A National Wild Food Guide** –Linda Runyon. Great info about "wild" plant foods and recipes using them. 2002, 268pp 5x8" \$33.95.

**The ESSENTIAL WILD FOOD SURVIVAL GUIDE** —Linda Runyon; fwd: Joe Gang. Shows how to identify, gather, and prepare edible wild foods, wherever you live. 2007, 310pp 6x9" \$22.00.

**FOREST GARDENING: Cultivating An Edible Landscape** – Robert Hart. 1996, 234pp 6x9" \$17.95.

**The GOOD LIFE /CONTINUING THE GOOD LIFE** –Helen and Scott Nearing. Double classic by two veggie back-to-the-land pioneers. 1989, 411pp 5¼x8" \$15.00.

**The GREEN BELT MOVEMENT: Sharing the Approach and the Experience** – Wangari Maathai, Nobel Peace Prize Laureate. Founder of movement tells why it started, how it operates, where it's going. Offers ideas about a new and hopeful future for Africa and the rest of the world. 2003, 117pp 5½x8½" \$15.00.

**GREEN LIVING HANDBOOK: A Six Step Program to Create an Environmentally Sustainable Lifestyle. Saving the Planet ...One Household at a Time** –David Gershon. With this program of environmental action, you can make a difference over a two-week period. 2008, 153pp 8½x11" \$14.95.

**GREEN WEDDINGS: That Don't Cost the Earth** –Carol Reed Jones. Fine ideas, sources, vegan cakes, other recipes for that special day. 1998, 164pp 5½x8½" \$10.95.

**GROWING AMERICA: The Story of a Grassroots Activist**—David Kidd. A call for renewed civic action from “the tree man”. 2003, 294pp 6x9” \$17.00.

**GROWING GREEN: Animal-Free Organic Techniques**—Jenny Hall and Iain Tolhurst. Introduces the concept of stock-free (animal-free) organic gardening. Shows how elimination of slaughterhouse by-products, animal manures, chemicals, and genetically modified seed can produce healthier crops, and fewer weeds, pests, and diseases. This book is for beginners and professional market gardeners. 2007, 328pp 6x9” \$35.00.

**The HERITAGE OF TREES: History, Culture and Symbolism**—Fred Hageneder. 2001, 191pp 7x9<sup>3</sup>/<sub>4</sub>”, \$25.00.

**HOW CAN ONE SELL THE AIR? Chief Seattle’s Vision.** The history of the Nez Perce includes many rare photographs of their 19<sup>th</sup> century village life. 2005, 96pp 8x6” \$9.95.

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

**LOSING PARADISE: The Growing Threat to Our Animals, Our Environment, and Ourselves**—Paul G. Irwin. Damage done by shocking greed/recklessness; steps to building a humane society to reclaim world. 2000, 238pp 6x9” \$14.95.

**SUNFOOD LIVING: Resource Guide for Global Health**—John McCabe; fwd: David Wolfe. The new bible (reference book), on how to live ecologically for Mother Earth, from a vegan’s point of view. 2007, 562pp 6x9” \$29.95.

**SUPER NUTRITION GARDENING: How To Grow Your Own Powercharged Foods**—

Dr. William S. Peavy and Warren Peavy; fwd: John Robbins. How to rebuild land for better nutrition (near vegan). 1993, 236pp 8<sup>1</sup>/<sub>2</sub>x11” \$14.95.

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

**WILD CARDS: Edible Wild Foods**—Linda Runyon. 1991, 52 cards 2<sup>1</sup>/<sub>4</sub>x3<sup>1</sup>/<sub>2</sub>” \$10.

**WORLD WAR III: Population and the Biosphere at the End of the Millennium**—Michael Tobias; fwd: Jane Goodall. Food supplies for a burgeoning human population. 1998, 296pp 6x9” ~~\$19.95~~; \$12.00.

[See AVS Publications, #31-02 and #29-01 issues of *Ahimsa*]

### **GANDHIAN BOOKS:**

**GANDHI’S SEVEN STEPS TO GLOBAL CHANGE**—Guy deMallac. 1989, 96pp 5x9” \$10.00.

**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 6<sup>3</sup>/<sub>4</sub>x9<sup>1</sup>/<sub>4</sub>” \$14.95. Autographed.

**MOHAN MALA** A short Gandhi saying for each day. 1949, 1993, 32pp 4x6” \$2.00.

**MY EXPERIMENTS WITH TRUTH** Gandhi’s autobiography. Card: 584pp 4<sup>3</sup>/<sub>4</sub>x7” \$4.50; Hard: larger type & better paper 5<sup>1</sup>/<sub>4</sub>x8<sup>3</sup>/<sub>4</sub>” \$7.95.

**INDIA’S SOCIAL MIRACLE**—Daniel P. Hoffman. Land reform by popular demand and volunteerism. 1961, 68pp 5<sup>1</sup>/<sub>2</sub>x8<sup>1</sup>/<sub>4</sub>” \$4.00.

**VICTORIES WITHOUT VIOLENCE**—A. Ruth Fry. Seventy-six historic examples over the

centuries of winning the day by nonviolence. 1986, 88pp 5x7” \$6.00.

### **TRAVEL:**

**A GUIDE TO LATIN AMERICAN VEGETARIAN RESOURCES**—Vegetarian Resource Group. Online guide at [www.vrg.org](http://www.vrg.org)

**GUIDE TO VEGETARIAN RESTAURANTS IN ISRAEL** Also health food stores, groups, common terms. 1996, 88pp 6x9” \$9.95. SALE \$5.

**HEALTHY HIGHWAYS: The Traveler’s Guide**—Nikki & David Goldbeck. Maps and local directions point your way to 1,900 eateries and natural food stores in the U.S. Entries include address, phone, hours, and key features. 2004, 420pp \$18.95.

**MEATLESS MEALS FOR WORKING PEOPLE**—Debra Wasserman. Eating out and travel; airline food. Quick meals. 1998, 192pp 6x9” \$12.00.

**Vegetarian Journal’s Guide to NATURAL FOODS RESTAURANTS**—fwd: Moby and Lindsay Wagner. 2200+ places to eat (phone ahead). Revised. 2005 4<sup>th</sup> ed. 434pp 6x9” \$17.95. Current listings online at [www.vrg.org](http://www.vrg.org).

**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. Booking a hotel by mail, send copy of specific page. **Note:** For dietary purposes only; this *Passport* does not replace required travel documents. 2005, 80pp 4<sup>1</sup>/<sub>4</sub>x5<sup>3</sup>/<sub>4</sub>” stapled \$8.00.

**VEG-FEASTING IN THE PACIFIC NORTHWEST - Vegetarians of Washington.** Covers Washington and Oregon vegetarian

dining, shopping, and living. 2004, 192pp 6x9" \$12.95.

**The VEGAN GUIDE TO AMSTERDAM**—Alex Bourke. 1995, 42pp stapled 5x8¼" **SALE \$1.00.**

**The VEGAN GUIDE TO NEW YORK CITY**—Rynn Berry. Shops, restaurants, etc. 2008, 116pp, 5½x7¼" \$9.95. 2005 ed., 77pp **SALE \$3.00.**

**VEGETARIAN BRITAIN**—Alex Bourke. Hotels, guesthouses; 100s of restaurants & cafés—many noted for vegans. 2006, 528pp 5x7¾" \$13.50.

**VEGETARIAN EUROPE: The Complete Day Trip Weekend and Holiday Guide**—Ed: Alex Bourke. Detailed info on animal-, dairy-, and egg-free dishes and prices/hours at 300 center city eateries in Europe's top 40 destinations in 23 countries. 2000, 288 pp 5x7¾" \$16.95.

**VEGETARIAN FRANCE**—Alex Bourke and Alan Todd. Places to eat or stay in France. 1998, 128pp 5x7¾" \$12.00.

**VEGETARIAN LONDON**—Alex Bourke. Hundreds of eateries, shops. Some guesthouses. 2006, 282pp 4¼x6" \$9.95.

**VEGETARIAN MENU ITEMS**—Jeanne Bartas. What to get at eatery chains across the U.S.A. 24pp 8½x11" stapled \$4.00.

**The VEGETARIAN TRAVELER: Where to stay if you're Vegetarian, Vegan, or Environmentally Sensitive**—Jed and Susan Civic. 280 inns and spas, B&Bs: North and South America; Caribbean; Britain and Europe; Mideast; Asia; Australia. Vegetarian/vegan meals served at some. 1997, 303pp 5x8 \$15.95. **SALE \$5.00.**

**VEGETARIAN VISITOR 2008: Where to stay and eat in Britain**—Annemarie Weitzel, Editor. Vegan Society (U.K.) award winning guide;

more than 300 entries of guest houses, hotels and private homes in England, Wales and Scotland, offering hospitality to the vegetarian and vegan traveler, with cafes, restaurants and pubs serving vegetarian/vegan food. 2008, 110pp 5¾x8¼" \$5.95.

## SHOPPING:

**ANIMAL, VEGETABLE, MINERAL?** Ingredient list. \$1.00.

**CRUELTY-FREE: Vegan Beware**—*Ahimsa* reprint; see in AVS Publications section. 50¢

**The COMPLETE GUIDE TO VEGETARIAN CONVENIENCE FOODS**—Gail Davis. Ready-made foods available marked whether vegetarian or vegan. 1999, 166pp 5½x8½" \$12.95. **SALE \$8.**

**E IS FOR ADDITIVES** (England). Info, sources, effects, many food additives. 1988, 384pp 6x7¾" \$12.95; marred \$8.95.

**GUIDE TO FOOD INGREDIENTS** 275 ingredients and sources. 28pp 8½x11" paper/stapled \$4.00.

**LEATHER ALTERNATIVES** Leather caused environmental problems; vegan shoe sources. 8pp 8½x11" \$4.00.

**SHOPPING FOR HEALTH**—Suzanne Havala, MS, RD. Smart low-fat choices at the supermarket. 1996, 309pp 4x7" \$6.99.

## BOOKS FOR THE YOUNG:

**50 AWESOME WAYS KIDS CAN HELP ANIMALS**—Ingrid Newkirk. The ultimate guide for kids who want to make a difference. 2006, 304pp 5¼x8" 12.99.

**BENJI BEAN SPROUT DOESN'T EAT MEAT!**—Sarah Rudy. Benji, an elementary school kid, being

raised vegetarian-vegan; a trip to an animal sanctuary. School bullies won over to a healthier diet through Benji's efforts. 2004, 30pp 8¾x6" \$6.95.

**BENNY BRONTOSAURUS GOES TO A PARTY!**—Rey Ortega and Lauren Everett Farnsworth, illus: Sarah Rudy. Benny educates his friends about why his family is vegan. Shows little ones how they can turn their friends onto foods like veggie burgers and soy milk. 2005, 49pp 8¾x6" \$6.95.

**A BOY, A CHICKEN, AND THE LION OF JUDAH: How Ari Became a Vegetarian**—Roberta Kalechofsky, PhD. A boy learns about meat; and it changes his life. For 7-10 yrs. 1995, 50pp 5½x8½" \$8.00.

**CHOICES FOR OUR FUTURE**—Ocean Robbins and Sol Solomon. Preserving the environment; our dietary choices, etc. For teens. 1994, 191pp 5½x8½" \$9.95.

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

**EAT SMART Guide To Health For Kids**—Dale Figtree, PhD. Picture story about choosing foods; nearly-vegan (honey). For 8-12 yrs. 1992, 102pp 8½x6" \$10.95.

**FRIENDS OF ALL CREATURES**—Rose Evans; illus: Valeria Evans Fwd: Dr. Catherine Roberts. Inspiring stories of sages and teachers who cared about animals. Illustrated. For 8-12 yrs. 1984, 122pp 8½x11 \$7.95.

**GREAT FIGURES IN HISTORY: Gandhi (Mohandas Gandhi)**—Y Kids. An Educational Manga Comic/Biography—in full color. Learn how a timid boy and quiet man became a respected leader, his vegetarian vow, and non-violent

actions for Indian independence. 2007, 151pp 7x10" \$14.95. Also **Leonardo DaVinci** \$14.95; **Albert Einstein** \$14.95.

**HERB THE VEGETARIAN DRAGON** –Bass and Harter. A fairy-tale of how an unusual dragon brought peace to a far-off land. For 3-10 yrs. 2002, 34pp 8½x11" \$6.95.

**I LOVE ANIMALS & BROCCOLI Activity Book** –Debra Wasserman and Charles Stahler. Fun-filled, veg/vegan info. For 8-12 yrs. 1985, 48pp 8¼x11" stapled \$5.00.

**Coloring Book** - For 5-10 yrs. 1990, 8pp 8½x11" paper/stapled 25¢

**Shopping basket** - Food choices. For 5-10 yrs. 1990, 8pp 8½x11" paper/stapled 25¢

**LEPRECHAUN CAKE AND OTHER TALES** –Vonnice Winslow Crist, Recipes: Debra Wasserman. 40+ simple vegan recipes. For 6-14 yrs. (*Adult supervision needed*). 1995, 128pp 6x9" \$9.95.

**MATH IN MOTION: Origami in the Classroom** –Barbara Pearl. A hands-on creative approach to teaching mathematics and geometry. 1994, 120pp 8½x11" ring \$19.95.

**MY DADDY IS A PRETZEL: Yoga for Parents and Kids** –Baron Baptiste and Sophie Fatus. Fun introduction to yoga for children from a father's and son's own unique perspectives. 2004, 50pp 8¾x11" \$16.99.

**NATURAL KIDS FUN ACTIVITY & COLORING BOOK** –Sun King Publishing. Loaded with fill-in-the-blanks, crosswords, word searches and picture/word association. All-vegan, emphasizes organic vegetables, veggie burgers, and soy milk. 2004, 45pp 8½x11" \$4.99.

**The RACE AGAINST JUNK FOOD, starring the *Snak Posse*: Adventures in Good Nutrition** –Ed:

Dolores and Robert Orchanian. Suitable for reading to non-readers, or by beginners to 8 yrs. 1997, 38pp full-color 8x11" \$9.95.

**SAVING EMILY** –Nicholas Read; illus: Ellen Klem. Kids try to rescue a free-spirited heifer from death in the slaughterhouse. 2001, 150pp 6x9" \$14.00.

**The SNAK POSSE: Millions Doomed to Suffer and Die** –ed: Dolores and Robert Orchanian. Comic book suitable for coloring—depicts kids' battle against smoking and junk food. 1997, 136pp 6½x10" \$9.95.

**SO YOU LOVE ANIMALS** –Zoe Weil. Fun-filled "playbook" teaches kids 12 yrs + about animals. 1994, 190pp 8½x11" \$14.95.

**SOUP TO NUTS COLORING BOOK** –Spivak & Barlow. Food/people to color; educational verse. Lacto/ovo veg. For 3-10 yrs. 1983, 48pp 8½x11" \$2.95.

**A TEEN'S GUIDE TO GOING VEGETARIAN** –Judy Krizmanic; fwd: T. Colin Campbell, PhD. Reasons; nutrition; anxious parents; social situations; easy recipes (lacto- or vegan). 1994, 186pp 6x9" \$9.99.

**TENZIN'S DEER** –Barbara Soros. illus: Danuta Mayer. An original Tibetan teaching in the lessons of compassion, selfless altruism, and love. 2003, 29pp 10¼x9" \$7.99.

**VEGETABLE SOUP and THE FRUIT BOWL = The Nutritional ABCs and A Contest Among The Fruit** –Dianne Warren; Susan Smith Jones; Amy Sorvagg Lindman. Delightfully educational, full-color vegan book gets fine message across: virtues and abilities of dozens of veggie fruit friends. For 5-8yrs. 1996, 64 bright pages 8½x11" \$14.95.

**VICTOR'S PICNIC With the Vegetarian Animals** –Radha

Vignola, Illus: Michelle N. Ary. 1996, 54pp 8x9" \$6.95.

**VICTOR, THE VEGETARIAN: Saving the Little Lambs** –Radha Vignola, Illus: Julia Bauer. 1994, 50pp 8¼x10¾" \$6.95.

**WE'RE ALL ANIMALS COLORING BOOK** –PETA. Pictures to color. Teaches about animals and to respect them. 4-12 yr. 16pp 8½x11" stapled \$3.95.

**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.

## **BIRTH/BABIES CHILDREN:**

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

**BABY MATTERS** –Linda Folden Palmer, DC. Provides the hard-to-find facts you need to make informed parenting choices for healthier, happier children with brighter futures. Benefits of breastfeeding. 2007, 412pp 6x9" \$17.95.

**BREASTFEEDING YOUR BABY** –Sheila Kitzinger. Compassionate, illus. guide by a vegetarian midwife. 1989, 160pp 7½x9¼" \$20.00.

**BREASTFEEDING YOUR BABY Practical Guide** –Boston Assn. for Childbirth Education. Concise, illus. 1989, 122pp 5½x8½" \$4.95.

**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.

**DR. ATTWOOD’S LOW-FAT PRESCRIPTION FOR KIDS**

—Charles R. Attwood, MD; fwd: Benjamin Spock, MD. Preventive nutrition for obesity in children. 1995, 286pp 5x7¾” \$11.95.

**FEEDING VEGAN BABIES –**

AVS Pres. Freya Dinshah, (mother of two life-vegans (1967 & 1969). 4<sup>th</sup> ed. Babies, children, breastfeeding, foods, growth. 8pp 8½x11” paper/stapled \$1.50.

**GOOD FOOD TODAY = GREAT KIDS TOMORROW**

—Jay Gordon, MD. Things you can do to have healthier kids. 1994, 212pp 6x8¼” \$17.95.

**HEALTHY EATING FOR LIFE FOR CHILDREN**

—Physicians Committee for Responsible Medicine with Amy Lanou, PhD; fwd: Neal Barnard, MD. Nourish your child for optimum health and well-being. 2002, 258pp 6x9” \$14.95.

**HELP! MY CHILD STOPPED EATING MEAT!: An A-Z Guide to Surviving a Conflict in Diets**

—Carol J. Adams; nutrition: Virginia Messina, MPH, RD. Bridge the gap between meat-eating parents and vegetarian/vegan children. 2004, 184pp 6x9” \$16.95.

**HOW TO RAISE A HEALTHY CHILD IN SPITE OF YOUR DOCTOR**

—Robert Mendelsohn, MD. Hazards of vaccines, over-doctoring. 1984, 283pp 4x7” \$6.99.

**NEW VEGETARIAN BABY—**

Sharon Yntema and Christine H. Beard. 2000, 272pp 5½x8½” \$15.95.

**The POWER and PROMISE of HUMANE EDUCATION**

—Zoe Weil. Explains the principles and practice of humane education. Provides activities and suggestions for use within and outside the classroom.

Valuable tools for home schooling. 2004, 178pp 6x9” \$15.95.

**RAISING VEGAN CHILDREN IN A NON-VEGAN WORLD: A Complete Guide for Parents**

—Erin Pavlina. “It’s much easier when you draw on others’ experiences.” 2003, 206pp 5¼x8¼” \$19.95.

**RAISING VEGETARIAN CHILDREN: A Guide to Good Health and Family Harmony**

—Joanne Stepaniak, MEd and Vesanto Melina, MS, RD. “Whether vegetarian or not, you’ll find guidance for positive relationships, good nutrition, and lifelong health for your family.” 2003, 381pp 7¼x9” \$18.95.

**RAISING YOUR FAMILY NATURALLY**

(formerly *The Vegetarian Child*) —Joy Gross with Karen Freifeld. 1983, 224pp 6x9” hard \$12.95. **SALE \$6.00.**

**VEGAN NUTRITION IN PREGNANCY AND**

**CHILDHOOD** —Reed Mangels, PhD, RD and Katie Kavanagh-Prochaska, Dietetic Intern. A well-planned vegan diet can easily be used during pregnancy, breastfeeding, and childhood. Leaflet, 12pp 3½x8½” 35¢.

**The VEGETARIAN CHILD: A Complete Guide for Parents**

—Lucy Moll. Good vegetarian dietary advice—much of it adaptable for vegans. 1997, 221pp 6x9” \$12.00. **SALE \$6**

**VEGETARIAN CHILDREN—**

Sharon Yntema. Meet the challenge of raising a family as vegetarians. 1995, 169pp 5½x8½” \$9.95.

**The VEGETARIAN MOTHER/BABY BOOK**

—Rose Elliott. Nutrition in pregnancy, motherhood, first two years’ care. Menus/recipes. Vegetarian/vegan. 1996, 156pp 7½x9½” \$17.95.

**VEGETARIAN PREGNANCY—**

Sharon Yntema. Healthy pregnancy

on a vegetarian diet. 1994, 335pp 5½x8½” \$15.95.

**YOUR VEGETARIAN BABY –**

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

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