

## VEGANISM:

**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.

### **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.

### **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" \$16.99.

**The MISSING PEACE: The Hidden Power of Our Kinship with Animals**—Tina Volpe and Judy Carman. A collection of life-altering stories encouraging us to take a deeper look at our own dietary and lifestyle choices, the book also examines the spiritual, scientific, and historical reasons for changing our views towards animals. 2009, 231pp 5½x8½" \$16.95.

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

**OUT OF THE JUNGLE**—H. Jay Dinshah. His best book: personal development in veganism, harmlessness, selfless service. 1995, 96pp 6x9" \$7.95.

**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.

**The VEGAN MONOLOGUES: Collected Essays**—Ben Shaberman. Smart and wry, Shaberman parlays a unique sense of humor into a readable tome about the joys and tribulations of veganism that both vegetarian and non-vegetarian will enjoy. 2009, 128pp 6x9" \$12.95.

**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, 160pp 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.

**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.

**The 30-MINUTE VEGAN: Over 175 Quick, Delicious, and Healthy Recipes for Everyday Cooking** –Mark Reinfeld and Jennifer Murray; fwd: Deborah Madison. Healthy recipes accessible for everyone. 8pp full-color photos. 2009, 376pp 7x9¼" \$18.95.

**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.

**The BEST of VEGAN COOKING** –Priscilla Feral. In another compilation of recipes from various chefs, *Friends of Animals* has published a

collection of elegant recipes. 21pp full-color photos. 2009, 128pp 8¾x8" \$19.95.

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

**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" \$21.99.

**The Complete Idiot's Guide to EATING RAW: A Fresh Approach to Eating Well –With Over 150 Delicious Recipes** –Mark Reinfeld, Bo Rinaldi, and Jennifer Murray. Explains raw foods' healing and energy-boosting benefits and anti-aging properties; sources of calcium and protein. 2008, 350pp 7¼x9" \$16.95.

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

**The CONSCIOUS COOK: Delicious Meatless Recipes That Will Change The Way You Eat** –Tal Ronnen. Oprah's favorite vegan cookbook. Vegan dishes with flair and creativity to satisfy the most devoted

meat-eater. 70pp full-color photos. 2009, 239pp 7¾x10" hard \$29.99.

**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**—Jeni-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.

**GET IT RIPE: A Fresh Take on Vegan Cooking and Living**—Jae Steele. The author is a registered holistic nutritionist. Includes recipes labeled with symbols showing gluten-free, nightshade-free, soy-free, and raw-food recipes; simple steps for cleansing and detoxing; information on ethical consumerism. 2008, 271pp 8x9” \$23.95.

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

**GREAT CHEFS COOK VEGAN**—Linda Long. Recipes from 25 award-winning chefs prove vegan food can be *haute* 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.

**HEALTHFUL CUISINE: Over 170 Raw Vegan Recipes. 2<sup>nd</sup> Edition**—Anna Maria Clement, PhD, NMD, Chef Kelly Serbonich, Chef Chad Sarno. Lavishly produced—42pp full-color photos. 2007, 141pp spiral bound 7½x11” \$21.95.

**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, 230pp 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.

**The KIND DIET: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet**—Alicia Silverstone. Actress and activist Silverstone presents the benefits of a plant-based diet. Because changing lifelong dietary habits is a process and each person progresses at a different pace, the book encompasses three separate levels: Flirting, Going

**Vegan, Superhero. 96 full-color photos. 2009, 319pp 7½x9½” hard \$29.99.**

**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.

**LICK IT!: Creamy, Dreamy Vegan Ice Creams Your Mouth Will Love**—Cathe Olson. Slightly sinful to healthy recipes; frozen treats that rival gourmet ice cream. 2009, 144pp 8x9¼” \$14.95.

**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.

**The RAW REVOLUTION DIET: Feast, Lose Weight, Gain Energy, Feel Younger** –Cherie Soria, Brenda Davis, RD, Vesanto Melina, MS, RD. Successful approach to permanent weight loss centered on raw food recipes. It's more than a diet; it's a lifestyle. 2008, 238pp 8x9" \$21.95.

**The REAL FOOD DAILY COOKBOOK: Really Fresh, Really Good, Really Vegetarian** –Ann Gentry. The most popular recipes from her 12-years-in-business, vegan restaurant in Santa Monica. 2005, 240pp 8x9" \$24.95.

**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.

**SHORT-CUT VEGAN: Great Taste in No Time**—Lorna Sass. Updated version of her popular cookbook with exciting recipes truly quick and easy to prepare. 2008, 174pp 7¾x8" \$19.99.

**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 8x9¼" \$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, SALE \$5. 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.

**The SUBLIME RESTAURANT COOKBOOK: Florida's Ultimate Destination for Vegan Cuisine**—Nanci Alexander. Elevates health food to haute cuisine; a favorite eatery for celebrities. 12pp full-color photos. 2009, 138pp 8x9¼" \$19.95.

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

**TEANY BOOK: Stories, Food, Romance, Cartoons, and of Course, Tea**—Moby and Kelly Tisdale. Acclaimed musician Moby and his partner Tisdale distill the essence of teany, the idiosyncratic downtown Manhattan eatery, into a fun and functional book. Color photos and illustrations throughout. 2005, 176pp 8x8" \$16.95.

**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, 334pp 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 TROPICAL VEGAN KITCHEN: Meat-Free, Egg-Free, Dairy-Free Dishes From the Tropics**—Donna Klein. Easy, yet authentic, tropical combinations with ingredients available at any supermarket. 2009, 185pp 7½x9¼" \$18.95.

**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.

**The URBAN VEGAN: 250 Simple, Sumptuous Recipes from Street Cart Favorites to Haute Cuisine**—Dynise Balcavage. Recipe themes include café culture, breakfast at the diner, soup kitchen, the melting pot, house party, just desserts, saucy vegan, happy hour, and urban garden. Icons signify low-fat, fast, omnivore-friendly, kid-friendly, and frugal. Gives essential tips and an overview of the vegan pantry. 2010, 228pp 7½x9¼" \$16.95.

**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.

**VEGAN BRUNCH: Home-Style Recipes Worth Waiting Up For—from Asparagus Omelets to Pumpkin Pancakes**—Isa Chandra Moskowitz. Delicious diner-style

breakfasts. 92 full-color photos. 2009, 254pp 7x9" \$19.95.

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

**The VEGAN FAMILY FAVORITES: Tasty and Satisfying Recipes Even Your Kids Will Love**—Erin Pavlina. From the host of *VegFamily.com* and parents networked around the world through the site; 200 family-tested, easy-prep-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" \$19.95.

**VEGAN LUNCH BOX AROUND THE WORLD: 125 Easy, International Lunches Kids and Grown-Ups Will Love!** —Jennifer McCann. Her second lunch-box book has two parts, beginning with kids' vegan lunch menus from 13 regions of the world. Part two contains all the recipes. Many double as family

dinner recipes, with innovative use of leftovers for lunch. 2009, 287pp 7x9" \$18.95.

**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.

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

**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.

**The VEGAN SOULFOOD GUIDE TO THE GALAXY: Your All-In-One Guide for Soulful Vegan Recipes, Grocery Shopping, Dining-Out, Nutrition and More!** — Afya Ibomu; fwd: Queen Afua. Be a soul-satisfied vegan! Includes tips on understanding food labels, meal planning, improving your overall health, and more! 16pp full-color

photos. 2008, 192pp 6x9" \$25.00. Includes DVD about tofu, with three recipes.

**VEGAN SOUPS AND HEARTY STEWS FOR ALL SEASONS** – Nava Atlas. Now vegan, Atlas revised her vegetarian soup book to give us recipes international in scope and ranging from elegant to homey. 8pp color plates. 2009, 173pp 8x9" \$17.95.

**The VEGAN TABLE: 200 Unforgettable Recipes for Entertaining Every Guest At Every Occasion** –Colleen Patrick-Goudreau. Crowned the "Vegan Martha Stewart" by *VegNews Magazine*, the author provides a one-stop source for creating the perfect meal for intimate gatherings of friends, holiday feasts, children's parties, romantic meals, and more. 61 full-color photos. 2009, 304pp 7½x9¼" \$19.99.

**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: 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 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

Mingkwon. 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) 7x9 1/4" \$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 7 1/4x9" \$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, 8 1/2x11" 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 Hippie 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 8 1/2x11" 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 7 1/4x9" \$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 5 1/4x8 1/4" \$9.95.

**The INDIAN VEGAN KITCHEN: More Than 150 Quick and Healthy Homestyle Recipes** –Madhu Gadia, MS, RD. Complete with nutritional analysis, notes on serving, history, and variations. (Optional ghee) 2009, 234pp 7 1/2x9 1/4" \$18.95.

**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 7 1/4x9 1/4" \$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 5 1/4x9 1/4" 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 8 1/2x11" ~~\$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" ~~\$18.00~~ **SALE \$9.00**.

**The McDOUGALL HEALTH-SUPPORTING COOKBOOK: Volume One** –Mary McDougall. 250 recipes/very lowfat; meals for special occasions; (honey). 2005, 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 & 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 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.

**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 7¾x9½" 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.

**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, 674pp 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" ~~\$6.95~~ **SALE \$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" ~~\$12.95~~ **SALE \$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, 10<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. 2007, 156pp 8½ x11" comb \$29.95.

**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 CALORIFIC 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.

**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" hard \$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, hard \$25.95.

**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, 268pp 5¼x8½" hard \$23.95; 5½x8¼" card \$15.99.

**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 Abkhasia, 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.

**JUICE FASTING & DETOXIFICATION: Use the**

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

**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.

**The LOVE-POWERED DIET: Eating for Freedom, Health, and Joy** —Victoria Moran. Replace cravings with calmness; combines principles of Twelve Step Program with methods espoused by yogis and mystics. 2009, 262pp 7x8½" \$20.00.

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

**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.

**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 5¾x8¼" \$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" \$14.95.

[See in: *Birth/Babies/Children*  
**HOW TO RAISE A HEALTHY CHILD...IN SPIITE 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.

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

**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.

**An AMERICAN TRILOGY: Death, Slavery, and Dominion on the Banks of the Cape Fear River** – Stephen M. Wise. Magnificently researched, shows the single source of the three great ethical dilemmas in U.S. history. 2009, 298pp 6½x9¼" hard \$26.00.

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

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

**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 ~~\$40.00~~ **SALE \$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, 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.

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

**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 6×9¼” \$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 5½x8½” \$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 5½x8½" \$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 harmlessness ) in the context of environment, food, livelihood. 1988, 180pp 5½x8½" ~~\$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 5½x8½" heavy paper \$1.75.

**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.

**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! 1st Ed. 1996

176pp 5½x8½" ~~\$12.95~~ SALE \$5.00.  
2nd Ed. 2009, 223pp 6x9" \$14.95.

**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 6¼x9½" 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 5x7¾" \$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 WE LOVE DOGS, EAT  
PIGS, AND WEAR COWS: An  
Introduction to Carnism. The  
Belief System That Enables Us to  
Eat Some Animals and Not Others**

–Melanie Joy, PhD. Makes us question what we really mean when we say we love animals. 2010, 204pp 5¾x8¾" \$19.95.

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

**WITHOUT A TEAR: Our Tragic  
Relationship with Animals** –Mark

H. Bernstein. "...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.

**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 \$17.00.

**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 7x9¾", hard \$40.00. **SALE \$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 Peary; fwd: John Robbins. How to rebuild land for better nutrition (near vegan). 1993, 236pp 8½x11" \$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 2¼x3½" \$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 6¾x9¼" \$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 4¾x7" \$4.50; Hard: larger type & better paper 5¼x8¼" \$7.95.

**INDIA'S SOCIAL MIRACLE** – Daniel P. Hoffman. Land reform by popular demand and volunteerism. 1961, 68pp 5½x8¼" \$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 4¼x5¾" 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.

**VEGAN A GO-GO –A Cookbook & Survival Manual for Vegans on the Road** –Sarah Kramer. Includes recipes with easy-to-find nutritious tasty ingredients, and also advice for traveling. Small enough to slip into one's pocket. 2008, 230pp 4¼x5½" \$17.95.

**The VEGAN GUIDE TO NEW YORK CITY** –Rynn Berry. Shops, restaurants, etc. 2009, 116pp, 5½x7¼" ~~\$9.95.~~ **SALE \$5.00.**

**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 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 2010: Where to stay and eat in Britain** –Annemarie Weitzel, Editor. Vegan

Society (U.K.) award winning guide. Lists some 80 guest houses, hotels and private homes in England, Wales and Scotland offering accommodation to the traveler, and over 250 cafes, restaurants, and pubs known for catering well to vegetarians and vegans. 2010, 112pp 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" \$18.99.

**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 8¼x6" \$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 8¼x6" \$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**—Vonnie 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.

**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.

**THAT'S WHY WE DON'T EAT ANIMALS: A Book About Vegans, Vegetarians, and All Living Things**—Ruby Roth with her color illustrations throughout. Candid compassionate look at the lives of farm animals and their plight. Colorful cast of pigs, turkeys, cows, and more. Shows effect that eating animals has on environment and suggests steps children can take to learn more. For 4-10yrs. 2009, 54pp 11½x9¼" \$16.95.

**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.**

**SKINNY BITCH BUN IN THE OVEN: A Gutsy Guide to Becoming One Hot and Healthy Mother!** —Rory Freedman, Kim Barnouin. The smart and sassy SB girls are back with their third book, another no-nonsense guide, this time dedicated to the pregnant vegan. 2008, 329pp 5¼x7¼" \$14.95.

**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.

## **YOUR VEGETARIAN**

**PREGNANCY: A Month By Month Guide to Health & Nutrition** –Holly Roberts, DO, FACOG. Board Certified Ob-Gyn. shares a lifetime of expertise and wisdom that will help. Vegetarian and vegan diets expounded. 2003, 378pp 6x9” \$15.00.

## **PHILOSOPHY & RELIGION:**

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

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

**ANIMAL SACRIFICES** –ed: Tom Regan. Religious views: vivisection, etc. 1986, 270pp 5¼x8¼” \$18.95.

**ANIMAL THEOLOGY** –Rev. Andrew Linzey. Study showing that historical theology–creatively defined–must reject humanocentricity; his theological query explores realities of hunting, animal experimentation, and genetic engineering plus the abstract. 1994, 214pp 5½x8½” \$14.95.

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

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

**The COILED SERPENT**–C.J. van Vliet’s classic on sex and purity; +*Spirit Of New Age*, much of

*Conquest Of the Serpent*. 1998 ed., 120pp 8½x11” \$11.95.

**CREATING A CHARMED LIFE: Sensible Spiritual Secrets Every Busy Woman Should Know** –Victoria Moran. 1999, 219pp 5½x6½” \$12.95.

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

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