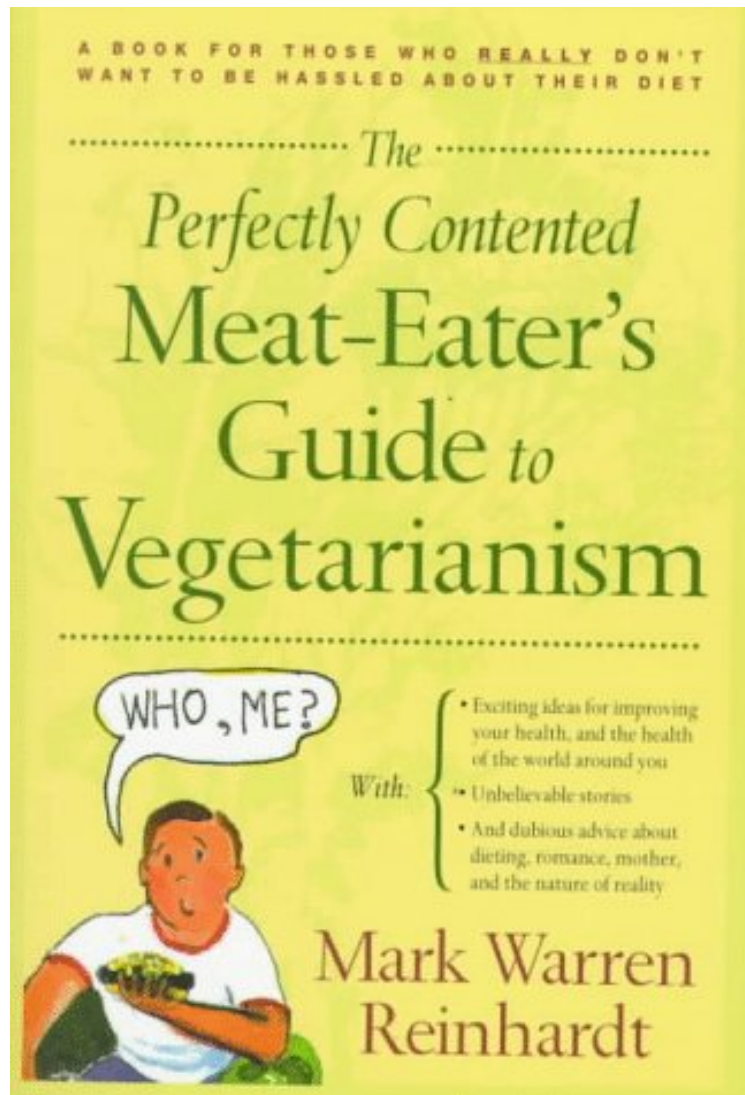


(Free download) Perfectly Contented Meat-Eater Guide to Vegetarianism

Perfectly Contented Meat-Eater Guide to Vegetarianism

Mark Warren Reinhardt

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#3195534 in Books Continuum 1998-01-01 Original language: English PDF # 1 9.25 x 6.00 x .75l, .95 #File Name: 0826410820249 pages | File size: 35.Mb

Mark Warren Reinhardt : Perfectly Contented Meat-Eater Guide to Vegetarianism before purchasing it in order to gage whether or not it would be worth my time, and all praised Perfectly Contented Meat-Eater Guide to Vegetarianism:

30 of 30 people found the following review helpful. EXCELLENT BOOK!By Donna LaddI bought this book for my boyfriend right after we discussed going vegetarian. I thought it was a cookbook to help ease us into a meatless diet, which we were considering primarily because he wanted to lose weight. Instead, it changed my boyfriend's life -- addicted, he kept coming into the room to read me sections. It gave us permission to be vegetarians (year and a half now) for ALL the right reasons -- love of animals, the environmental and hunger problems perpetrated by the meat

industry, all-around health, etc. -- although he did lose 30 pounds without getting hungry! This is a perfect antidote for all the stupid Adkins/Zone/high-protein diets that are so unhealthy -- and are only excuses for people to keep eating too much meat (which is *any*, now that we've read this book). And it's so funny and light-hearted that you'll be an avowed vegetarian before you know what hit you. Give a copy to everyone you know! We're sold. 2 of 2 people found the following review helpful. Fantastic guide to vegetarian lifestyle By A. M. Steiner It may be hard at first, but there is so much help out there now. It is one of the best decisions we ever made at our house. One of the best things about it is we can now eat as much as we want. It's really just a matter of changing your tastes to like veggies, grains and fruits instead of the high fat flesh products. This book is pretty good and we gave it away as a gift. There is lots of information about how much it takes to feed animals to feed us. It's really amazing how wasteful eating meat is. One of the reasons we changed was because we noticed that even cutting back on the standard American diet is still not good. You really have to change your diet (not a change just to lose weight and then go back, but a true change). Our local school serves french fries four days a week (I know, vegetarian, but it's not good). This told us how far society has come to try and fix things with a pill or shot and how much change had to start with me and my home. 78 of 78 people found the following review helpful. Splendid, immensely entertaining treatment of vegetarianism By A Customer I picked up this book primarily because I was interested in thinking about my diet. Although I had heard you could become a vegetarian without atrophying, drying up, and blowing away, as a former meat cutter I was skeptical. Moreover, I wanted a non-threatening introduction to this topic -- how imposing can a book be when you hold the ultimate power over the book? -- after all, you can always pitch it in the trash or, for that matter, use it to kindle your next barbecue. But there's a catch -- this book is very, very funny, and once you start reading you just keep going for the laughs. That's when it sneaks up on you, and the author starts slipping in information about diet and meat, all of which gets you thinking. Okay, you'll say to yourself, maybe he's got a point but before it gets too serious let me just get through a few more of these jokes, especially the ones about the vegetarians. Then I'll put the book down. As the force of the nutrition arguments starts to take hold, you begin to think that a change in your diet may just save you a few years -- or at least make your remaining years more pleasurable. At just about that time, your second thoughts start coming in -- do I have to eat tofu all the time? Are there any people not wearing tie-dyed shirts who are into this? Can I ever date again? The author is ready -- he provides some important insights, the frank truths about vegetarianism, and some good hints about living through the rough spots until you get used to it. Now, you may expect me to say that I experienced an epiphany, that I am now a card-carrying vegan, and that I geech at the thought of eating "food with a face." Not quite -- maybe my years as a meat cutter hardened my soul, maybe I just don't have the sort of robust sense of imagination required to appreciate fully the moral problems with eating meat. Nonetheless, I dramatically changed my diet, eliminated the consumption of most meat products and by-products, and improved my health markedly. I think I could have read fifty books on nutrition, health, and diet and never been affected enough by any of them to take steps to change my diet. This book sets out the vital information well enough, but this author's true gift is his ability to package the message in an entertaining medium to keep readers' attention spans long enough to have some effect. This is a book I whole-heartedly recommend to any thinking reader.

Meat-eaters aren't often eager to learn about vegetarianism. When confronted with the topic, their common reaction is to shake their heads and roll their eyes. Maybe one reason for this is that vegetarians tend to take themselves and their favorite subject oh so seriously. As someone who's never been accused of taking anything seriously, Mark Reinhardt wanted to do something about this. He decided to laugh in the face of death and destruction, and so produced *The Perfectly Contented Meat-Eater's Guide to Vegetarianism* -- an irreverent yet comprehensive book that teaches meat-eaters (and vegetarians too!) both the fundamentals and all the quirky idiosyncrasies of vegetarian life, and does it in a fun, humorous way. The book will delight vegetarians who thought they'd heard it all before, and is the perfect gift for doubting parents and all those friends and relatives every vegetarian has been trying to convert for years. The book comes with an extensive resource section for those who want to follow this book with materials that actually say something a little more serious. "Hey", writes Reinhardt, "If meat-eaters are going to shake their heads and roll their eyes anyway, it may as well be because of my bad jokes!"