



Diet for a New America: How Your Food Choices Affect Your Health, Happiness, and the Future of Life on Earth (Paperback)

By John Robbins

H J Kramer, United States, 2013. Paperback. Condition: New. 25th Anniversary ed. Language: English. Brand new Book. From John Robbins, a new edition of the classic that awakened the conscience of a nation. Since the 1987 publication of Diet for a New America, beef consumption in the United States has fallen a remarkable 19%. While many forces are contributing to this dramatic shift in our habits, Diet for a New America is considered to be one of the most important. Diet for a New America is a startling examination of the food we currently buy and eat in the United States, and the astounding moral, economic, and emotional price we pay for it. In Section I, John Robbins takes an extraordinary look at our dependence on animals for food and the inhumane conditions under which these animals are raised. It becomes clear that the price we pay for our eating habits is measured in the suffering of animals, a suffering so extreme and needless that it disrupts our very place in the web of life. Section II challenges the belief that consuming meat is a requirement for health by pointing out the vastly increased rate of disease caused by pesticides, hormones,...



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-- **Andres Bashirian**

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