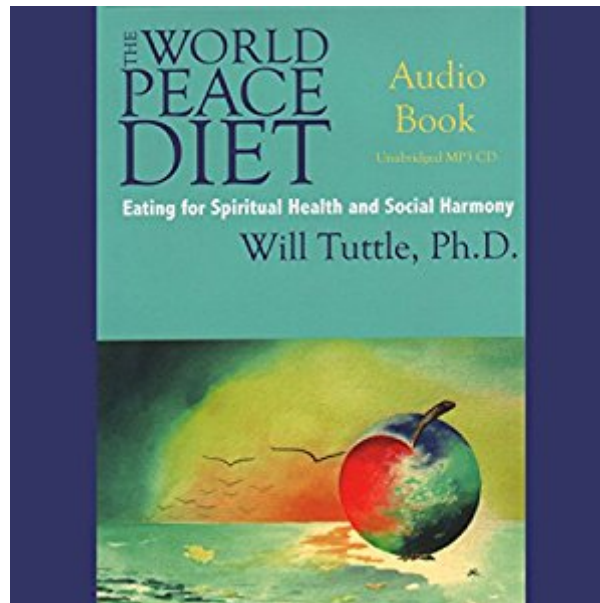




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# The World Peace Diet: Eating For Spiritual Health And Social Harmony



## Synopsis

Food is our most intimate and telling connection both with the living natural order and with our living cultural heritage. By eating the plants and animals of our earth, we literally incorporate them. It is also through this act of eating that we partake of our culture's values and paradigms at the most primal levels. It is becoming increasingly obvious, however, that the choices we make about our food are leading to environmental degradation, enormous human health problems, and unimaginable cruelty toward our fellow creatures. Incorporating systems theory, teachings from mythology and religions, and the human sciences, *The World Peace Diet* presents the outlines of a more empowering understanding of our world, based on a comprehension of the far-reaching implications of our food choices and the worldview those choices reflect and mandate. The author offers a set of universal principles for all people of conscience, from any religious tradition, that they can follow to reconnect with what we are eating, what was required to get it on our plate, and what happens after it leaves our plates. *The World Peace Diet* suggests how we as a species might move our consciousness forward so that we can be more free, more intelligent, more loving, and happier in the choices we make. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

*The World Peace Diet* is a must read for any environmentalist, social activist, animal rights activist, and spiritual seeker. Dr. Tuttle masterfully presents a compelling premise that all of our environmental and social problems, including global warming and war, are rooted in a cultural mentality of reductionism, anthropocentrism, exclusivism, predation, desensitization,

disconnectedness, and domination. According to Dr. Tuttle, our culture started developing this mentality around 10,000 years ago as humans began herding animals for food, clothing, and other human needs, and then this mentality spread to treating humans and the environment in similar exploitative ways. While it is impossible to irrevocably “prove” that herding animals “caused” war, violence against women, slavery, inequality, poverty, and other social issues, what is clearly undeniable after reading this book are the contemporary connections between animal agriculture and environmental issues, between eating animal foods and human health issues, and between animal agriculture and the tremendous suffering experienced by animals. Yet most people deny these connections. Dr. Tuttle explains the reasons for this denial: People inherit their animal-based diets from their parents along with the cultural mentality that diminishes their natural compassion for animals. Their diets and this uncompassionate mentality are reinforced as they grow up by teachers, doctors, religious organizations, peers, and the media. With the suppression of compassion, people see animals as things to be used to benefit humans rather than as beings with as much of an intrinsic right as humans to live for themselves in the way that nature designed them to live. With the suppression of compassion people see the environment as a resource to be used for human benefit rather than as the intricate web of living beings and non-living materials that support life on this planet. With the suppression of compassion people see other people as things that can be manipulated to serve selfish interests rather than as beings with lives and interests as valid as one’s own. This book beautifully shows how it is this loss of compassion and the subsequent blindness to the interconnections of all beings and the earth that underlie all the world’s problems. Dr. Tuttle calls for a vegan revolution to address these problems. This revolution goes far beyond refraining from using non-human animals for food, clothing, medicines, entertainment, etc. It is truly an evolution of consciousness, an expansion of humanity’s love and concern to include all beings and the earth. I have not read any other book that so powerfully shows the connection between all of our problems and the beautiful simplicity of the solution. This is not just another animal rights book telling people to quit eating and wearing animals. It goes to the heart of humanity’s destructive and elitist relationship with the rest of the world and guides people to recognize our real relationship of interconnectedness and to live from that realization. Dr. Tuttle respects the difficulty that people will have with going against their acculturation by becoming vegan, and directs vegans to lovingly support them as they transition rather than to aggressively attack them for not being vegan. Throughout the book he paints a vision of a joyful and harmonious vegan world based on love and connection rather than exploitation and disconnection. People are

asked to give up using animals, but by doing so, they will help co-create a more harmonious and joyful world for themselves and other creatures.

For the first time in human history we now know what we should eat and what we should not eat. What we should not eat is what we are eating. The Standard American Diet. SAD. It should be called the Stupid American Diet. It's what killed my father. He was an MD and like most MD's knew nothing about diet. Said he had a bad heart. But it wasn't his heart it was his diet. The SAD kills millions of Americans every year. Dr. Greger, in his book, "How Not To Die" shows that how diet determines the 12 leading causes of death in the U.S. Dr. Tuttle presents a strong case for animal rights. There are people who say they, "love animals," and then they eat meat. What a contradiction ! What hipocrisy !! Most people cannot go beyond their early conditioning. Most people do not even know they are conditioned ! Margaret Mead, the famous anthropologist, said, "It's easier to change a man's religion than his diet." Most people are food addicts, addicted to the kinds of food they have been eating since childhood. Another reason to go Vegan is the environment. The vast herds of livestock around the world generate more greenhouse gases than even motor vehicles. We could get away with the carnivorous diet in 1930 when the earth's population was only 2 billion. Not that there was anything good about it, but we could get away with it. But now the earth's population is 7.3 billion and we can no longer get away with it. The most significant thing the individual human can do to reduce global warming is to adopt a Vegan diet. They will help the planet and also improve their own health. But of course, most people are too addicted to their bad diets to even consider this. As Socrates said, "An unexamined life is not worth living." And most lives are unexamined.

I once ate an average of 2-3 animal products (flesh or secretions) in every meal I ate, until I was guided to the truth of animal agriculture when I became life-long friends with a vegan marathoner and my now-wife who was raised vegetarian and together we became vegan. It took me four years to slowly taper back my consumption of animal parts, until finally eliminating the "option" permanently. Despite the past 6 years of life experience, communing with animals, growing plants and perusing self-education, this book taught me the depth of the issue in our minds and our daily lives. I am afraid readers might write this off assuming that the author believes eliminating animal agriculture and enslavement will solve everything. To anyone who would interpret in this light, this book examines a root cause of the problems that are the symptoms of an illness. A head ache is terrible and so are the problems in this world, but let us treat the illness. After reading this I am dedicated to lovingly oppose this culture of commodifying and manipulating living things. Let's leave

nature be and embrace it!

This book was a very easy to read and interesting which reminded me of an Autobiography of a Yogi, and this could have been titled an Autobiography of a Vegan. If you read this book and do not follow a vegan or at least a vegetarian diet afterwards, I do not see how you could live with yourself. This book definitely makes the case for the vegan diet. I have been a vegetarian for many years and after reading this book and watching Forks over Knives I have given up the dairy. Thank you for this book Will Tuttle.

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