

Free read Breaking vegan one womans journey from veganism extreme dieting and orthorexia to a more balanced life .pdf

Breaking Vegan Vegan for Her One Vegan Mama Women and the Animal Rights Movement The Gospel of Wellness The Rhetorical Construction of Vegetarianism Food for Thought Kapporos Then and Now: Toward a More Compassionate Tradition Insights in Nutrition and Metabolism Carnal Appetites Vegan's Daily Companion The Good It Promises, the Harm It Does Animal, Vegetable, or Woman? Dead Weight A Woman Alone Ecovillages Moon Sarasota & Naples Critical Animal Studies Food, Health and Identity Eating Words: A Norton Anthology of Food Writing Even Vegans Die Somehow The Dietitian's Guide to Vegetarian Diets The Dietitian's Guide to Vegetarian Diets Vegetarian Times Making Milk Gender and Food in Transnational East Asias In the Running Sister

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Species The Internet of Animals The Sexual Politics of Meat - 25th
Anniversary Edition Supermaker Rogue Vegetarian Times Vegetarian Times
Taking Food Public Feeling Left Behind Disability and Animality
Healthy Eating for Life for Women Vegetarianism

Breaking Vegan

2015-11-01

finding balance in life is a goal many of us strive to achieve whether it s through a healthy diet exercise regimen state of mind relationship or other activity or all of the above we spend our days trying to be and become our best selves but what happens when all that focus starts to dominate our lives when our desire for perfect health trumps everything else perhaps without us even realizing it what happens when our solution starts becoming the problem these are questions that author and popular blogger jordan younger faced when she decided that her extreme plant based lifestyle just wasn t working in favor of her health anymore and questions that you may be facing too in breaking vegan jordan reveals how obsessive healthy dieting eventually led her to a diagnosis of orthorexia or a focus on healthy food that involves other emotional factors and ultimately becomes dysfunctional even dangerous in candid detail jordan shares what it was like to leave veganism the downfall of her desire to achieve nutritional perfection and how she ultimately found her way to

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recovery in addition to this jordan outlines an anti diet whole foods based eating plan featuring more than 25 recipes to help inspire others to find similar balance in their own lives breaking vegan is about tolerance and forgiveness and ultimately forging one s own path toward happiness

Vegan for Her

2013-07-09

vegan for her a blueprint for optimal health and wellness at any age will show you how to lower your risk for breast cancer and heart disease manage conditions like arthritis and migraines diminish pms and cramps build strong bones for life enhance fertility make an easy transition to a vegan diet and incorporate principles of both fashion and compassion into your home and wardrobe

One Vegan Mama

2023-05-26

one vegan mama is one woman s story about her love of animals and how that brought her to veganism and living her life authentically it tells the story of how she grew into her veganism and how she and her family thrive as a result the book covers so many topics from being vegan at family gatherings to compassionate fashion this book acts as one example of how to live authentically and compassionately there are recipes in the back section

Women and the Animal Rights Movement

2011-02-19

animal rights is one of the fastest growing social movements today women greatly outnumber men as activists yet surprisingly little has been written about the importance and impact of gender on the movement women and the animal rights movement combats stereotypes of women

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activists as mere sentimentalists by exploring the political and moral character of their advocacy on behalf of animals emily gaarder analyzes the politics of gender in the movement incorporating in depth interviews with women and participant observation of animal rights organizations conferences and protests to describe struggles over divisions of labor and leadership controversies over peta advertising campaigns that rely on women s sexuality to sell animal rights illustrate how female crusaders are asked to prioritize the cause of animals above all else gaarder underscores the importance of a paradigm shift in the animal liberation movement one that seeks a more integrated vision of animal rights that connects universally to other issues gender race economics and the environment highlighting that many women activists recognize and are motivated by the connection between the oppression of animals and other social injustices

The Gospel of Wellness

2022-09-20

next level revelatory sarah knight new york times bestselling author

2023-05-09

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of the life changing magic of not giving a f ck excellent rina really knows her shit i m so thankful for this book jameela jamil actress and host of i weigh journalist rina raphael looks at the explosion of the wellness industry how it stems from legitimate complaints how seductive marketing targets hopeful consumers and why women are opening up their wallets like never before wellness promises women the one thing they desperately desire control women are pursuing their health like never before whether it s juicing biohacking clutching crystals or sipping collagen today there is something for everyone as the wellness industry has grown from modest roots into a 4 4 trillion entity and a full blown movement promising health and vitality in the most fashionable package but why suddenly are we all feeling so unwell the truth is that deep within the underbelly of self care hidden beneath layers of clever marketing wellness beckons with a far stronger more seductive message than health alone it promises women the one thing they desperately desire control vividly told and deeply reported the gospel of wellness reveals how this obsession is a direct result of women feeling dismissed mistreated and overburdened women are told they can manage the chaos ruling their life by following a laid out plan eat right exercise meditate then buy or do all this

stuff and while wellness may have sprung from good intentions we are now relentlessly flooded with exploitative offerings questionable ideas and a mounting pressure to stay devoted to the divine doctrine of wellness what happens when the cure becomes as bad as the disease with a critical eye humor and empathy wellness industry journalist rina raphael examines how women have been led down a kale covered path promising nothing short of salvation she knows raphael was once a disciple herself trying everything from clean eating to electric shock workouts until her own awakening to the troubling consequences balancing the good with the bad the gospel of wellness is a clear eyed exploration of what wellness can actually offer us knocking down the false idols and commandments that have taken hold and ultimately showing how we might shape a better future for the movement and for our well being

The Rhetorical Construction of Vegetarianism

2023-03-02

this book explores themes in the rhetoric of vegetarian discourse a

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vegan practice may help mitigate crises such as climate change global health challenges and sharpening socioeconomic disparities by ensuring both fairness in the treatment of animals and food justice for marginalized populations how the message is spread is crucial for these aims vegan practices thus uncover tensions between individual dietary choices and social justice activism between ego and eco between human and animal between capitalism and environmentalism and within the larger universe of theoretical and practical ethics the chapters apply rhetorical methodologies to understand vegan vegetarian discourse emphasizing for example vegan vegetarian rhetoric through the lens of polyphony the role of intersectional rhetoric in becoming vegan as well as ecofeminist semiotic and discourse theory approaches to veganism the book aims to show that a rhetorical understanding of vegetarian and vegan discourse is crucial for the goals of movements promoting veganism the book is intended for a wide interdisciplinary audience of scholars researchers and individuals interested in veganism food and media studies rhetorical studies human animal studies cultural studies and related disciplines it urges readers to examine vegan discourses seriously not just as a matter of personal choice or taste but as one vital for intersectional justice and our

planetary survival

Food for Thought

2021-09-18

this volume offers new insights into food and culture food habits preferences and taboos are partially regulated by ecological and material factors in other words all food systems are structured and given particular functioning mechanisms by specific societies and cultures either according to totemic sacrificial hygienic rationalist aesthetic or other symbolic logics this provides much food for thought the famous expression has never been so appropriate not only do cultures develop unique practices for the production treatment and consumption of food but such practices inevitably end up affecting food related aspects and spheres that are generally perceived as objectively and materially defined this book explores such dynamics drawing on various theoretical approaches and analytical methodologies thus enhancing the cultural reflection on food and at the same time helping us see how the study of food itself can help us understand

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better what we call culture it will be of interest to anthropologists philosophers semioticians and historians of food

Kapporos Then and Now: Toward a More Compassionate Tradition

2015-06-03

every year right before yom kippur the day of atonement there is a cultural war in certain jewish neighborhoods over a ceremony called kapporos in which a chicken is slaughtered just before the holy day the animal rights people show up claiming meat is murder while the orthodox and hasidic jews who practice this ceremony accuse the activists of antisemitism and violating their freedom of religion epithets fly and confrontations occur across the barricades but nobody is really listening to each other rabbi gershom seeks to build a bridge of understanding between these two warring camps on the one hand he opposes using live chickens as kapporos and like many other religious jews before him advocates giving money to charity instead but on the other hand he is himself a hasid who understands and

2023-05-09

11/43

believes in the kabbalistic principle of raising holy sparks so central to the ceremony in fact he says it is that very mysticism that has led him not to use chickens for the ritual

Insights in Nutrition and Metabolism

2023-06-23

in carnal appetites elspeth probyn charts the explosion of interest in food from the cults that spring up around celebrity chefs to our love hate relationship with fast food our fetishization of food and sex and the impact of our modes of consumption on our identities you are what you eat the saying goes but is the tenet truer than ever as the range of food options proliferates in the west our food choices become inextricably linked with our lives and lifestyles probyn also tackles issues that trouble society asking questions about the nature of appetite desire greed and pleasure and shedding light on subjects including fast food vegetarianism food sex cannibalism forced feeding and fat politics

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Carnal Appetites

2003-09-02

live a joyful compassionate life every day of the year with colleen
patrick goudreau s guide vegan s daily companion mondays for the love
of food a celebration of familiar and not so familiar foods to spark
enthusiasm for eating healthfully tuesdays effective communication
techniques and tactics for speaking on behalf of veganism effectively
and compassionately wednesdays optimum health for body mind and spirit
care and maintenance for becoming and remaining a joyful vegan
thursdays animals in the arts literature film painting inspiration
across the ages that reflects our consciousness of and relationship to
non human animals fridays stories of hope rescue and transformation
heartening stories of people who have become awakened and animals have
found sanctuary saturdays sundays healthful recipes favorite recipes
to use as activism and nourishment

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Vegan's Daily Companion

2011-03-01

simone de lima is a biologist and a retired professor of developmental psychology at the universidade de brasília brazil where her work focused on innovative education and disability she s been involved in different forms of activism since her teens from student organizing against the brazilian dictatorship to doing feminist environmental children s and animal rights work she co founded brasilia s first animal advocacy organization as well as its first vegan cafe café corbucci and directed the outreach and education department of a us animal rights nonprofit she lives with her husband and dog in takoma park maryland volunteers at poplar spring animal sanctuary and collaborates with vegan and radical education collectives

The Good It Promises, the Harm It Does

2023

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challenges current claims that humans ought to be vegetarians because animals have moral standing

Animal, Vegetable, or Woman?

2000-10-12

sharply intelligent a consoling and enraging book sarah moss author of the fell enters the ed discourse like a red bound blaze of light vogue in dead weight emmeline clein fuses her own experience of disordered eating with social commentary told through the stories of other women famous figures from across time and popular culture and girls she s known and loved and traces the medical and cultural history of anorexia bulimia orthorexia and binge eating disorder in writing that s electric fierce and endlessly curious clein investigates the economic conditions underpinning our eating disorder epidemic grapples with the myriad ways disordered eating has affected her own friendships and romantic relationships and illuminates how today s feminism has been complicit in disordered eating culture through it all she challenges the accepted narratives women absorb every day

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about themselves revealing the dangerous messages that connect female worth to inhabiting an ever smaller form galvanizing readers against disordered eating clein imagines a world where we allow ourselves to listen to our appetites and fight back against these diseases of self destruction in an age of appetite suppression it is far past time for a book like dead weight

Dead Weight

2024-04-04

one of popsugar s best new books to dive into this summer one of crime reads most anticipated summer crime books of 2020 a house with the darkest of secrets a woman who is the only one who knows it s another bright sunny day in venture illinois the sort of place where dreams come true and families can get a fresh start cecelia holmes deserves it after the home invasion that shattered her previous life now everything seems perfect her high security smarthome her doting husband her sweet daughter until she begins to feel spied on her husband doesn t believe her her neighbors ignore her so when she

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discovers a shocking secret about the prior occupant of their house she feels that she has no one to turn to and now cecelia must face her fears alone

A Woman Alone

2020-06-23

in a world of dwindling natural resources and mounting environmental crisis who is devising ways of living that will work for the long haul and how can we as individuals make a difference to answer these fundamental questions professor karen litfin embarked upon a journey to many of the world s ecovillagesÑintentional communities at the cutting edge of sustainable living from rural to urban high tech to low tech spiritual to secular she discovered an under the radar global movement making positive and radical changes from the ground up in this inspiring and insightful book karen litfin shares her unique experience of these experiments in sustainable living through four broad windows ecology economics community and consciousness or e2c2 whether we live in an ecovillage or a city she contends we must

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incorporate these four key elements if we wish to harmonize our lives with our home planet not only is another world possible it is already being born in small pockets the world over these micro societies however are small and time is short fortunately as litfin persuasively argues their successes can be applied to existing social structures from the local to the global scale providing sustainable ways of living for generations to come you can learn more about karen s experiences on the ecovillages website ecovillagebook.org

Ecovillages

2014-01-15

explore the soft white beaches wild everglades and sun soaked cities of florida s paradise coast with moon sarasota naples inside you ll find flexible strategic itineraries from a weekend getaway in sarasota to a full week exploring florida s west coast honest advice for beach goers families water sports enthusiasts and more the best spots for outdoor adventures like kayaking hiking biking bird watching and fishing the top sights and unique experiences discover the vibrant

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performing arts scene in sarasota or stroll through quaint riverfront towns and secluded island enclaves unwind on shell scattered beaches or head inland to explore palmetto prairies and swampy forests indulge at upscale restaurants in naples browse fine art galleries or check out a local swamp buggy race work up an appetite by paddling the great calusa blueway kick back at a beachfront oyster bar and sip a local brew as the sun sets over the ocean expert advice from florida native jason ferguson on where to stay where to eat and how to get around by car bus or boat full color photos and detailed maps throughout handy tips for international visitors seniors lgbtq travelers and travelers with disabilities background information on the landscape wildlife history and culture full coverage of sarasota charlotte harbor fort myers sanibel captiva the barrier islands naples and the everglades with moon sarasota naples practical advice and local know how you can plan your trip your way for more of the sunshine state try moon florida or moon tampa st petersburg special ebook features easily navigate listings with quick searches plus website links and zoom in maps and images personalize your guide by adding notes and bookmarks

Moon Sarasota & Naples

2018-09-25

engaging and passionate this contemporary work provokes new ways of thinking about animal human interaction a cutting edge volume of original essays critical animal studies examines our exploitation and commodification of non human animals by inquiring into the contradictions that have shaped our understanding of animals the contributors of this collection have set out to question the systemic oppression inherent in our treatment of animals the collection closes with a thoughtful consideration of some of the complexities of activism as well as a discussion of how to further the progress of animal rights analyzing economic ethical historical and sociological aspects of human animal relations this interdisciplinary volume is a must read for all upper level students in animal studies critical animal studies animals and society and anthrozoology courses features draws together contributions from some of the most active and committed individuals advancing the field of critical animal studies takes a revolutionary approach to mainstream animal studies by

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advocating for justice from a politically progressive abolitionist perspective supports curricular objectives of animal studies courses by encouraging students to critically analyze the shifting roles of animals in contemporary western society and their consequences

Critical Animal Studies

2014-04-21

by addressing the issue of food and eating in britain today this collection considers the ways in which food habits are changing and shows how social and personal identities and perceptions of health risk influence people s food choices the articles explore among other issues the family meal wedding cakes nostalgia and the invention of tradition the rise of vegetarianism the recent bse crisis the creolization of british food eating out creation of individual identity through lifestyle the contributors include hanna bradby simon charsley allison james anne keane lydia martens and alan warde

Food, Health and Identity

2013-04-15

food writing spans centuries and philosophies at long last there s a norton anthology with all the most important works eater edited by influential literary critic sandra m gilbert and award winning restaurant critic and professor of english roger porter eating words gathers food writing of literary distinction and vast historical sweep into one groundbreaking volume beginning with the taboos of the old testament and the tastes of ancient rome and including travel essays polemics memoirs and poems the book is divided into sections such as food writing through history at the family hearth hunger games the delight and dread of eating kitchen practices and food politics selections from writings by julia child anthony bourdain bill buford michael pollan molly o neill calvin trillin and adam gopnik along with works by authors not usually associated with gastronomy maxine hong kingston henry louis gates jr hemingway chekhov and david foster wallace enliven and enrich this comprehensive anthology we are living in the golden age of food writing proclaims ruth reichl in her preface

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to this savory banquet of literature a must have for any food lover eating words shows how right she is

Eating Words: A Norton Anthology of Food Writing

2015-10-26

even vegans die empowers vegans and their loved ones to make the best decisions regarding their own health their advocacy for animals and their legacy by addressing issues of disease shaming and body shaming the authors present a manifesto for building a more compassionate diverse and effective vegan community even vegans die celebrates the benefits of a plant based diet while acknowledging that even vegans can get sick you will learn how to make the health care decisions that are right for you how to ensure your efforts to help animals will not end after you die and how to provide compassionate care for yourself and for others in the face of serious illness the book offers practical thoughtful and sensitive advice on creating a will mourning and caregiving without shying away from the reality of death even

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vegans die offers a message that remains uplifting and hopeful for all animal advocates and all those who care about them

Even Vegans Die

2017-04-15

anne lamott is my oprah chicago tribune from the bestselling author of dusk night dawn and help thanks wow a joyful celebration of love love is our only hope anne lamott writes in this perceptive new book it is not always the easiest choice but it is always the right one the noble path the way home to safety no matter how bleak the future looks in somehow thoughts on love lamott explores the transformative power that love has in our lives how it surprises us forces us to confront uncomfortable truths reminds us of our humanity and guides us forward love just won't be pinned down she says it is in our very atmosphere and lies at the heart of who we are we are lamott says creatures of love in each chapter of somehow lamott refracts all the colors of the spectrum she explores the unexpected love for a partner later in life the bruised and bruising love for a child who disappoints even

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frightens the sustaining love among a group of sinners for a community in transition in the wider world the lessons she underscores are that love enlightens as it educates comforts as it energizes sustains as it surprises somehow is anne lamott s twentieth book and in it she draws from her own life and experience to delineate the intimate and elemental ways that love buttresses us in the face of despair as it galvanizes us to believe that tomorrow will be better than today full of the compassion and humanity that have made lamott beloved by millions of readers somehow is classic anne lamott funny warm and wise

Somehow

2024-04-09

full of vital information on vegetarian nutritional needs and healthier more satisfying diets the third edition can be used as an aid for counseling vegetarian clients and those interested in becoming vegetarians or serve as a textbook for students who have completed introductory coursework in nutriation book jacket

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The Dietitian's Guide to Vegetarian Diets

2011

to do what no other magazine does deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of americans vt s goal to embrace both

The Dietitian's Guide to Vegetarian Diets

1990-02

what is milk who is it for and what work does it do this collection of articles bring together an exciting group of the world s leading scholars from different disciplines to provide commentaries on multiple facets of the production consumption understanding and impact

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of milk on society the book frames the emerging global discussion around philosophical and critical theoretical engagements with milk in so doing various chapters bring into consideration an awareness of animals an aspect which has not yet been incorporated in these debates within these disciplines so far this brand new research from scholars includes writing from an array of perspectives including jurisprudence food law history geography art theory and gender studies it will be of use to professionals and researchers in such disciplines as anthropology visual culture cultural studies development studies food studies environment studies critical animal studies and gender studies

Vegetarian Times

2017-11-02

gender and food in transnational east asias illustrates how the production and consumption of food encapsulates the changes that affect social positions of women and men and their relationships with their families the state and their work as well as shapes their gender sexual ethnic and national identities the transnational movement of

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food and people between east asia and the rest of the world is increasingly visible forming various forces behind the cultural and political constructions of gender politics among and beyond asian diasporas by critically engaging with history practices and representation of food as a constructive window to articulate gender dynamics in the east asian region this volume approaches food as a symbolic and material site where gender roles and identities are imagined performed and negotiated it argues that a critical engagement with practices and representations of food from gender perspectives can enhance our understanding of the society and culture of transnational east asias

Making Milk

2021-10-12

from the strength and stamina of well known runners who achieve the almost impossible to the extraordinary runners who have changed lives and history this collection of unforgettable stories will inspire anyone who s ever pounded the pavement to keep on running and enjoy

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every minute of this liberating sport

Gender and Food in Transnational East Asias

2016-09-08

sister species women animals and social justice addresses
interconnections between speciesism sexism racism and homophobia
clarifying why social justice activists in the twenty first century
must challenge intersecting forms of oppression this anthology
presents bold and gripping sometimes horrifying personal narratives
from fourteen activists who have personally explored links of
oppression between humans and animals including such exploitative
enterprises as cockfighting factory farming vivisection and the
bushmeat trade sister species asks readers to rethink how they view
others how they affect animals with their daily choices and how they
might bring change for all who are abused these essays remind readers
that women have always been important to social justice and animal
advocacy and they urge each of us to recognize the links that continue
to bind all oppressed individuals the astonishing honesty of these

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contributors demonstrates with painful clarity why every woman should be an animal activist and why every animal activist should be a feminist contributors are carol j adams tara sophia bahna james karen davis elizabeth jane farians hope ferdowsian linda fisher twyla françois christine garcia a breeze harper sangamithra iyer pattrice jones lisa kemmerer allison lance ingrid newkirk lauren ornelas and miyun park

In the Running

2011-06-01

the internet is made of cats is a half jokingly made claim today animals of all shapes and sizes inhabit our digital spaces including companion animals wildlife feral animals and livestock in this book deborah lupton explores how digital technologies and datafication are changing our relationships with other animals playfully building on the concept of the internet of things she discusses the complex feelings that have developed between people and animals through the use of digital devices from social media to employing animal like

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robots as companions and carers the book brings together a range of perspectives including those of sociology cultural geography environmental humanities critical animal studies and internet studies to consider how these new digital technologies are contributing to major changes in human animal relationships at both the micropolitical and macropolitical levels as lupton shows while digital devices and media have strengthened people s relationships to other creatures these technologies can also objectify animals as things for human entertainment therapy or economic exploitation this original and engaging book will be of interest to scholars and students across the social sciences and humanities

Sister Species

2023-03-07

the sexual politics of meat is carol adams inspiring and controversial exploration of the interplay between contemporary society s ingrained cultural misogyny and its obsession with meat and masculinity first published in 1990 the book has continued to change the lives of tens

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of thousands of readers into the second decade of the 21st century published in the year of the book s 25th anniversary the bloomsbury revelations edition includes a substantial new afterword including more than 20 new images and discussions of recent events that prove beyond doubt the continuing relevance of adams revolutionary book

The Internet of Animals

2015-11-05

supermaker is a guide to business and career development by jaime schmidt acclaimed entrepreneur founder of schmidt s naturals and icon of the maker movement in supermaker she shares how you too can start or grow your own business with advice on branding product development social media marketing scaling pr and customer engagement all based on her own hard won mastery in just seven years jaime schmidt went from making natural products in her portland oregon kitchen to turning her brand into a household name and selling her company to unilever without sacrificing the integrity of her product or her creative vision readers learn how to get ahead on their own terms and while

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maintaining their commitment to fair and sustainable principles a valuable resource to the ever growing community of business owners and entrepreneurs who want to go from maker to magnate candid advice from an industry disruptor following her growth from farmers market stand to international brand jaime s book is a riveting mix of inspiration the honest airing of mistakes and indispensable instruction supermaker empowers and unites the next generation of entrepreneurs a go to guide for the passion to profit journey the perfect read for aspiring entrepreneurs makers creatives and anyone with an interest in natural products selling your products online retail strategy and digital marketing great for anyone who enjoyed start something that matters by blake mycoskie craft inc turn your creative hobby into a business by meg mateo ilasco and the girls guide to starting your own business candid advice frank talk and true stories for the successful entrepreneur by caitlin friedman

The Sexual Politics of Meat - 25th Anniversary

Edition

2020-09-08

rogue one womans unconventional healing of cancer tells the story of susan mckennas rejection of conventional treatment of cancer and her brave intuitive path to self healing compellingly written in essay form rogue is funny and poignant lyrical and bold daring and revealing this gem of a book is for anyone whose life has been touched by cancer

Supermaker

2016-07-20

to do what no other magazine does deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of americans vt s goal to

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embrace both

Rogue

1989-02

to do what no other magazine does deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of americans vt s goal to embrace both

Vegetarian Times

1990-11

the field of food studies has been growing rapidly over the last thirty years and has exploded since the turn of the millennium

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scholars from an array of disciplines have trained fresh theoretical and methodological approaches onto new dimensions of the human relationship to food this anthology capitalizes on this particular cultural moment to bring to the fore recent scholarship that focuses on innovative ways people are recasting food in public spaces to challenge hegemonic practices and meanings organized into five interrelated sections on food production consumption performance diasporas and activism articles aim to provide new perspectives on the changing meanings and uses of food in the twenty first century

Vegetarian Times

2013-09-13

2020 colorado authors league finalist 2020 book excellence awards finalist kim s words ripped from her diary are raw painting a picture of the excruciating anguish that so many left behind by the physical departing of a loved one express duck white petteruti founder domus pacis family respite it will give you the reader permission to remember never forget and to slowly live from the place of heart again

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patty l luckenbach ma dd associate minister and author of i only walk on water when it rains the grief that accompanies the loss of a loved one is crippling in feeling left behind author kim murdock relates and empathizes with that pain because she s been there she knows what it feels like to be woefully blindsided by music or at the grocery store to reconsider the future alone and to connect with a person who is no longer alive you will relate to her chapters as she describes the crushing desire to freeze time and isolate yourself the unstable phase of firsts first holidays birthdays anniversaries the anger and sadness at seeing other couples the loss of self empathy security and tolerance the heartbreaking sadness of getting rid of their belongings and so much more this is not a step by step guide on how to grieve kim outlines every detail of her experience as well as the experiences of her widow widower friends to show you that you are not alone you are normal and you deserve as much time as possible to figure out how to survive in your own way kim s words ripped from her diary are raw painting a picture of the excruciating anguish that so many left behind by the physical departing of a loved one express duck white petteruti founder domus pacis family respite

Taking Food Public

2019-08-01

the fields of critical disability studies and critical animal studies are growing rapidly but how do the implications of these endeavours intersect disability and animality crip perspectives in critical animal studies explores some of the ways that the oppression of more than human animals and disabled humans are interconnected composed of thirteen chapters by an international team of specialists plus a foreword by lori gruen the book is divided into four themes intersections of ableism and speciesism thinking animality and disability together in political and moral theory neurodiversity and critical animals studies melancholy madness and misfits this book will be of interest to undergraduate and postgraduate students as well as postdoctoral scholars interested in animal studies disability studies mad studies philosophy and literary analysis it will also appeal to those interested in the relationships between speciesism ableism saneism and racism in animal agriculture culture built environments and ethics

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Feeling Left Behind

2020-03-26

eat your way to better health and well being making 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 this book shows you how drawing from the latest medical and dietary research healthy eating for life for women presents a complete and sensible plant based nutrition program that will help you look and feel better with more energy and vitality than ever before this book gives you a clear look at how women s bodies work and how common health problems arise then provides detailed nutritional guidelines that have been carefully drafted by physicians committee nutrition experts it includes over 100 delicious easy to make recipes to help you put these healthy eating principles to work right away healthy eating for life for women contains important information on age proofing from the inside out losing weight improving fertility and alleviating pms relieving menopausal symptoms preventing cancer and arthritis and more no matter what your age or

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vegetarianism seems to be increasing in popularity and acceptance in the united states and canada yet quite surprisingly the percentage of the population practicing vegetarian diets has not changed dramatically over the past 30 years people typically view vegetarianism as a personal habit or food choice even though organizations in north america have been promoting vegetarianism as a movement since the 1850s this book examines the organizational aspects of vegetarianism and tries to explain why the predominant movement strategies have not successfully attracted more people to adopt a vegetarian identity vegetarianism movement or moment is the first book

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to consider the movement on a broad scale from a social science perspective while this book takes into account the unique history of north american vegetarianism and the various reasons why people adopt vegetarian diets it focuses on how movement leaders beliefs regarding the dynamics of social change contributes to the selection of particular strategies for attracting people to vegetarianism in the context of this focus this book highlights several controversies about vegetarianism that have emerged in nutrition and popular media over the past 30 years

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