



Genre: **handbook**

Territory: **world**



VEGAN BY BIRTH OR BY CHOICE? Living (and eating) properly for animals', nature's and our own health's sake

Being vegan means understanding that what we call "meat" isn't just food, but animal bodies (mammals, birds, fish and shellfish) slaughtered after having been held captive and actually tortured.

Having realized this, being vegan means refusing to accept it. A vegan isn't someone who excludes all animal product from his diet, but rather a person who adopts a new lifestyle that affects his choices in regard to clothes, beauty products and entertainment.

You don't do it to feel superior or self-righteous, but to prevent the death of innocent creatures or their exploitation and torture in profit-making entertainment venues, such as zoos and circs.

The vegan choice is the decision to respect ourselves and the future generations: preventing the death of billions of animals each year allows us to make our peace with our body's needs, as we finally stop poisoning it with unhealthy food, and it is beneficial to the surrounding **environment**. Since it is rare to be born in a vegan family, it is possible to become vegan. This handbook explains how to do it, suggesting a **step-by-step program** to embrace this new lifestyle, adapting it to each individual's life.

The author draws from her own experience of turning vegan twenty years ago and describes how to successfully complete this transition, enumerating also all the advantages for the environment and the planet's health.

The handbook includes many **practical ideas**: from the transitional pattern (gradual or sudden?) to ingredients and recipes, from eating out to social life, from frequently asked questions to prejudices and fallacies.

This book is a true manifesto that allows its readers to claim one's moral outrage, to argue one's choices and to discover how to make a difference in one's everyday life.

The handbook can serve as an **introductory** guide to those who are thinking about becoming vegan and as a **digest** for those who have already made this choice, since it not only includes the most up-to-date data and arguments, but it also suggests practical ways of taking a stand and act to defend animal rights.

The author -----

Marina Berati works as an engineer and a software developer and is a very active militant in the fight for animal rights. She coordinates all the activities organized by *ActNow Network* and by the *ActNow Editions*, a no-profit publishing house, which specialises in books and informative materials about the animal rights' cause. She wrote brochures and articles and created communicative campaigns on the topic and she speaks at conferences about the vegan choice and ecological eating habits. Due to her ability to communicate both passionately and rationally her opinions, numerous activists and associations ask for her collaboration.

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