

**Compassionate Living 101:
Frequently Asked Questions and Resources for Exploring Potential Answers**

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Though the prospect of living more compassionately toward animals may initially seem daunting, there is an enormous and ever-burgeoning body of credible research to suggest that compassionate living isn't as difficult as it may appear, and that, in any case, the benefits far outweigh the costs (for human beings, animals, and the environment). But don't take my word for it; get educated and make your OWN informed decisions!

Is there a single book that could get me up to speed on the big issues surrounding compassionate eating?

- Peter Singer and Jim Mason, *The Way We Eat: Why Our Food Choices Matter* (2006)
- Matthew Scully, *Dominion: The Power of Man, The Suffering of Animals, and the Call to Mercy* (2002)

Is there good reason to think that compassion for animals should be an important issue for Christians?

- Kaufman and Braun, *Good News for All Creation: Vegetarianism as Christian Stewardship* (2004)
- J.R. Hyland, *The Slaughter of Terrified Beasts: A Biblical Basis for the Humane Treatment of Animals* (1988)
- Andrew Linzey, (1) *Animal Gospel* (1998) and (2) *Animal Theology* (1994)
- Matthew Scully, *Dominion* (2002)
- Richard H. Schwartz, *Judaism and Vegetarianism* (2001)
- Stephen H. Webb, *Good Eating* (2001)
- Robert Wennberg, *God, Humans, and Animals: An Invitation to Enlarge Our Moral Universe* (2006)

Is it plausible to believe that non-human animals are capable of thinking, feeling, and valuing their lives?

- Jeffrey Moussaieff Mason, (1) *When Elephants Weep: The Emotional Lives of Animals* (1996); and (2) *The Pig Who Sang to the Moon: The Emotional World of Farm Animals* (2004)
- Steven M. Wise, (1) *Rattling the Cage: Toward Legal Rights for Animals* (2001); and (2) *Drawing the Line: Science and the Case for Animal Rights* (2003)

What is life on a factory farm really like for the animals who live there?

- Peter Singer, *Animal Liberation* (Reprinted, 2001)
- Tom Regan, *Empty Cages: Facing the Challenge of Animal Rights* (2004)

How do factory farms affect the environment?

- Michael Jacobsen, *Six Arguments for a Greener Diet* (2006)
- Andrew Kimbrell, *The Fatal Harvest Reader: The Tragedy of Industrial Agriculture* (2002)
- Michael Pollan, *The Omnivore's Dilemma* (2006)
- John Robbins, *The Food Revolution: How Your Diet Can Help Save Your Life and Our World* (2001)

How do factory farms affect the lives and livelihoods of the world's poorest people?

- John Robbins, *The Food Revolution: How Your Diet Can Help Save Your Life and Our World* (2001); see "Reversing the Spread of Hunger", 283-302.
- Peter Singer and Jim Mason, *The Way We Eat: Why Our Food Choices Matter* (2006); see "Trade, Fair Trade, and Workers' Rights", 151-169.

Is a diet free of animal products really a healthier option for human beings?

- Dr. T. Colin Campbell, *The China Study* (2004)
- Michael Jacobsen, *Six Arguments for a Greener Diet* (2006)
- Howard Lyman, *No More Bull: The Mad Cowboy Takes On America's Worst Enemy: Our Diet* (2005)
- John Robbins, *The Food Revolution: How Your Diet Can Help Save Your Life and Our World* (2001)
- Dr. Kerrie K. Saunders, *The Vegan Diet As Chronic Disease Prevention* (2003)
- Choose from many books by Dr. John McDougall; Dr. Dean Ornish; or Dr. Andrew Weil

If the moral, environmental, and nutritional drawbacks of factory farmed animal products are so bad, why haven't I heard about these problems before?

- Marion Nestle, *Food Politics: How the Food Industry Influences Nutrition and Health* (2002)
- T. Colin Campbell, *The China Study* (2004)

Aren't animal rights activists generally violent, anti-social misanthropes?

- Tom Regan, *Empty Cages: Facing the Challenge of Animal Rights* (2004)
- Lee Hall, *Capers in the Churchyard: Animal Rights Advocacy in the Age of Terror* (2006)

Isn't compassionate eating just a newfangled fad for self-righteous hippies and pretentious, sentimental yuppies?

- Kaufman and Braun, *Good News for All Creation: Vegetarianism as Christian Stewardship* (2004)
- Gandhi, *The Story of My Experiments With Truth* (Authorized American Edition, 1993)
- Richard Schwartz, *Judaism and Vegetarianism* (2001)
- Colin Spencer, *Vegetarianism: A History* (2002)
- Tristram Stewart, *The Bloodless Revolution: A Cultural History of Vegetarianism Since 1600* (2006)

If I commit to eating more compassionately, do I have to resign myself to a life of steamed vegetables?

- Crescent Dragonwagon, *The Passionate Vegetarian*
- Tanya Barnard and Sarah Kramer, *The Garden of Vegan*
- Isa Chandra Moskowitz, *Vegan With A Vengeance*
- Isa Chandra Moskowitz and Terry Hope Romero, *Vegan Cupcakes Take Over the World*
- Lorna Sass, *The Complete Vegetarian Kitchen*

What is the difference between vegetarianism and veganism, and is one preferable to the other?

- Tom Regan, *Empty Cages: Facing the Challenge of Animal Rights* (2004)

Where can I find out how to become a more informed and compassionate consumer?

- Marion Nestle, *What to Eat: An Aisle-by-Aisle Guide to Savvy Food Choices and Good Eating* (2006)
- Ingrid Newkirk, *Making Kind Choices: Everyday Ways to Enhance Your Life Through Earth- and Animal-Friendly Living* (2005)

Internet Resources

Animal Advocacy Organizations

Christian Vegetarian Association	http://www.all-creatures.org/cva
Farm Sanctuary	http://www.farmsanctuary.org
Mercy For Animals	http://www.mercyforanimals.org
Compassionate Consumers	http://www.compassionateconsumers.org
Humane Society of the United States	http://www.hsus.org

Vegetarian and Vegan Recipes

Compassionate Cooks	http://www.compassionatecooks.com
ChooseVeg	http://www.chooseveg.com

Health and Nutrition Links

Physicians Committee For Responsible Medicine	http://www.pcrm.org
The Cancer Project	http://www.cancerproject.org
Dr. McDougall's Health and Medical Center	http://www.drmcDougall.com

Animal Rights

Tom Regan Animal Rights Archive	http://www.lib.ncsu.edu/animalrights/index.html
The Philosophy of Animal Rights	http://www.cultureandanimals.org/animalrights.htm

Contact Information

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For a daily digest of resources for compassionate living (and some photos of sumptuous looking vegan food), visit ExtraVEGANza!—a blog that I host with several friends. <http://www.g-rad.org/vegan>