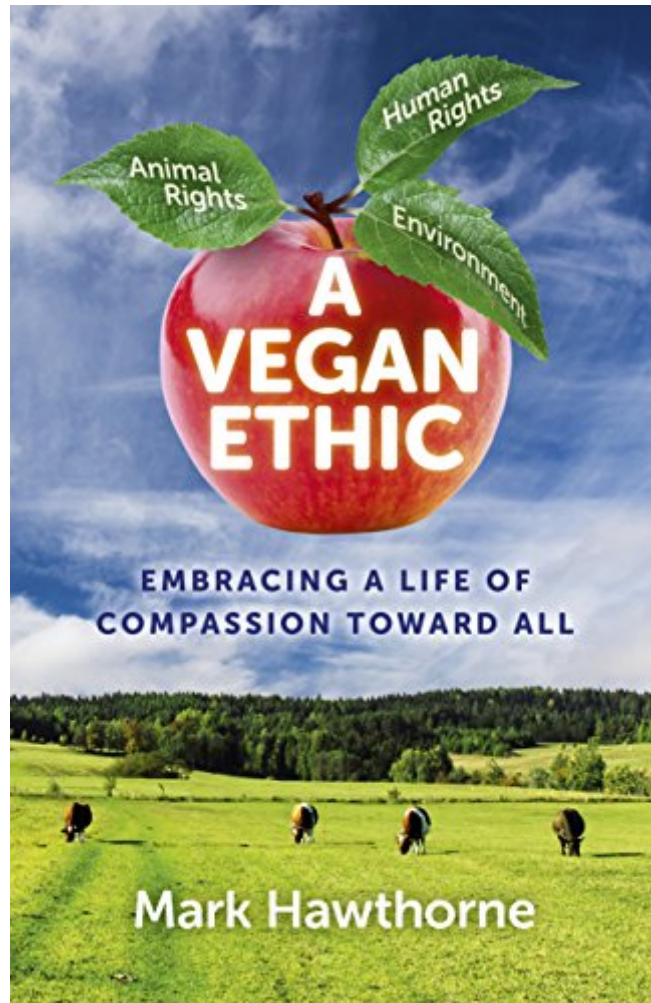


The book was found

# A Vegan Ethic: Embracing A Life Of Compassion Toward All



## Synopsis

“If veganism is about doing your best to not harm any sentient life, we must logically extend that circle of compassion to human animals as well,” writes Mark Hawthorne in this practical, engaging guide to veganism and animal rights. Along with proven advice for going and staying vegan, an overview of animal exploitation, and answers to common questions about ethical eating (such as “Is humane meat a good option?” and “Do plants feel pain?”), *A Vegan Ethic* draws on the work and experiences of intersectional activists to examine how all forms of oppression - including racism, sexism, ableism, and speciesism - are connected by privilege, control, and economic power. By recognizing how social justice issues overlap, we can develop collaborative strategies for finding solutions. Mark talks about living as a vegan and his book at <https://youtu.be/EXqEjUNqsOw> Reviewed in VegNews Magazine on Jul 1 2016

## Book Information

File Size: 3387 KB

Print Length: 184 pages

Publisher: Changemakers Books (July 29, 2016)

Publication Date: July 29, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01GIQKYJG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #147,355 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Vegan #17 inÂ Kindle Store > Kindle eBooks > Nonfiction > Science > Nature & Ecology > Animal

Rights #30 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan

## Customer Reviews

As an ecofeminist scholar and activist, I strongly urge anyone interested in animal rights or other social justice movements to read Mark Hawthorne’s latest book, *A Vegan Ethic*. His impressive ability to combine discussion of the worst kinds of oppression with hope and practical advice for

increasing compassion and empathy in the world makes Hawthorne a superb guide through the complex web of injustices we face. Author of two previous books (Striking at the Roots and Bleating Hearts) as well as numerous articles, Hawthorne articulates his vision for a vegan ethic that encompasses compassion and concern for all living beings - human and non-human alike. The five substantive chapters include discussions of animal rights, veganism, human rights, the environment, and how we can build coalitions to create a more compassionate world for everyone. The book ends with a helpful Q&A section where Hawthorne proposes answers to questions commonly asked of vegans as well as six appendices full of empowering suggestions for making a vegan ethic a reality. Hawthorne urges activists for social justice to recognize the structural nature of oppression and the ways in which racism, sexism, homophobia, transphobia, ableism, and speciesism are all connected. To fight for animal rights without recognizing the importance of human rights is not merely a tactical mistake but a perverse misunderstanding of the facts on the ground. In factory farms, for example, everyone suffers - animals, human laborers, and members of the communities surrounding them. It would be easy for the author of such a book to claim moral superiority and hold forth on all he's learned so that others can join him on exalted ground, but that's not Hawthorne's way.

[Download to continue reading...](#)

A Vegan Ethic: Embracing a Life of Compassion Toward All Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan Keto: The Vegan Ketogenic Diet and Low Carb Vegan Diet for Rapid Fat Loss (Works as a Vegetarian Keto Diet As Well) (Simple Keto Book 4) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) Vegan: 101 Quick-Fire, Dairy Free

and Low Carb Vegan Diet Recipes (Vegan Cookbook of Recipes that are low carb, dairy free, slow cooker, crockpot and cast iron) Into the Magic Shop: A neurosurgeon's true story of the life-changing magic of compassion and mindfulness My End of the Leash: Compassion Fatigue From a Pet Sitter's Perspective Loving, Supporting, and Caring for the Cancer Patient: A Guide to Communication, Compassion, and Courage CFT Made Simple: A Clinician's Guide to Practicing Compassion-Focused Therapy (The New Harbinger Made Simple Series) The Science of Compassion: A Modern Approach for Cultivating Empathy, Love, and Connection Zen for Druids: A Further Guide to Integration, Compassion and Harmony with Nature Cultivating Compassion: Simple Everyday Practices for Discovering Peace of Mind and Resilience COMPASSION: Empowering Yourself with Emotional Intelligence (BECOME YOUR BEST SELF Book 2) Strong and Weak: Embracing a Life of Love, Risk and True Flourishing The Wonder of Aging: A New Approach to Embracing Life After Fifty

[Dmca](#)