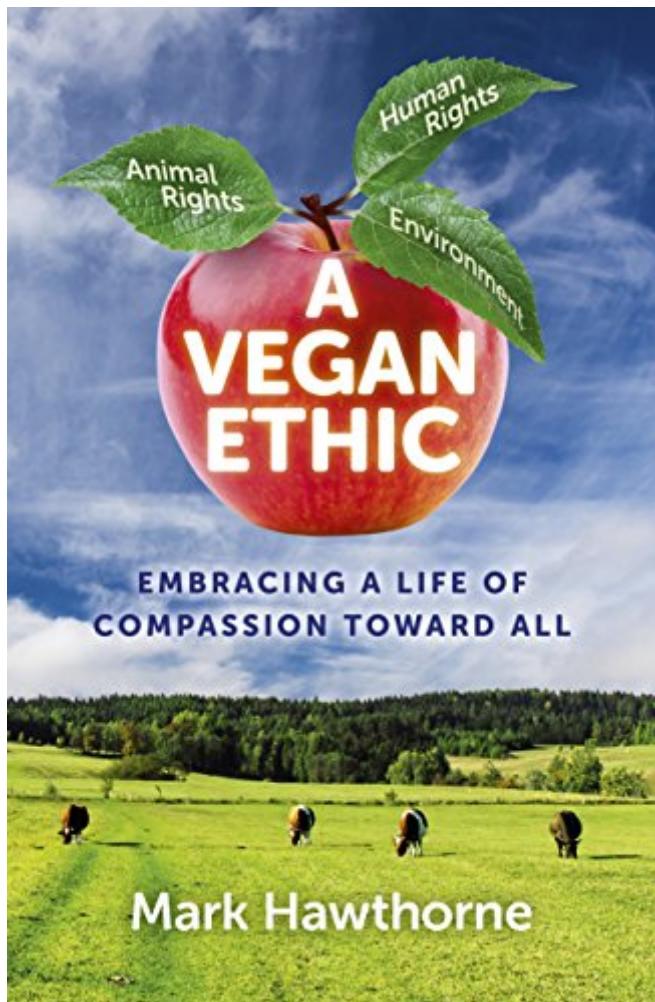


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# A Vegan Ethic: Embracing A Life Of Compassion Toward All



## Synopsis

â œlf 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,â • 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 â œlsnâ ™t â ^humane meatâ ™ a good option?â • and â œDonâ ™t plants feel pain?â •), 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

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## 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.

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