

Resources

Following is a small selection of materials to help you take the next steps in moving beyond carnism.

Beyond Beliefs: A Guide to Improving Relationships and Communication for Vegans, Vegetarians, and Meat Eaters, by Melanie Joy (Lantern Books, 2018)

an overview of the principles and tools for healthy relating, applied to relationships where at least one person is vegan (or vegetarian)

Animal Liberation, by Peter Singer (Harper Perennial Modern Classics, Reissue edition 2009)

a philosophical examination of the basis of carnism

Eating Animals, by Jonathan Safran Foer (Back Bay Books, 2010)

a compelling examination of the foundations and practices of carnistic consumption

How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease, by Michael Greger (Flatiron Books, 2015)

an encyclopedic guide to preventing and reversing disease and to living healthfully

nutritionfacts.org

Dr. Greger's comprehensive, video-based website about nutrition

Beyond Carnism (*carnism.org*)

my organization, with videos and other resources to help raise awareness of and transform carnism

Challenge 22 (*challenge22.com*)

an online 22-day vegan challenge, which includes guidance and support for those wishing to try veganism

Veganuary (*veganuary.com*)

an organization offering a vegan challenge, starter kit, and other tips and resources to help people move toward veganism

Bosh (*bosh.tv*)

an engaging, informative, and comprehensive selection of cooking videos with select resources

Happy Cow (*happycow.net*)

a website and app to locate vegan and vegan-friendly stores and restaurants around the world

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