CONTENTS

	Acknowledgments 6
	Foreword 7
1	To Love or to Eat? 11
2	Carnism: "It's Just the Way Things Are" 23
3	The Way Things Really Are 37
1	Collateral Damage: The Other Casualties of Carnism 73
5	The Mythology of Meat: Justifying Carnism 95
6	Through the Carnistic Looking Glass: Internalized Carnism 11
7	Bearing Witness: From Carnism to Compassion 135
	Book Group Discussion Guide 151
	Resources 155
	Notes 163
	Bibliography 177
	Index 201