



## Peter White Public Library - Items of Interest

*Available via inter-library loan to affiliated libraries*

### **Books**

- \*Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs by Neal D. Barnard, M.D. & Bryanna Clark Grogan - *Also see [www.nealbarnard.org/diabetes\\_book.htm](http://www.nealbarnard.org/diabetes_book.htm)*
- Food for life: How the New Four Food Groups Can Save Your Life by Neal Barnard, M.D.
- \*The Food Revolution: How Your Diet Can Help Save Your Life and Our World by John Robbins
- \*The Vegan Diet As Chronic Disease Prevention: Evidence Supporting the New Four Food Groups by Kerrie K. Saunders
- \*Prevent and Reverse Heart Disease by Caldwell B. Esselstyn Jr., M.D. - *Also see [www.heartattackproof.com](http://www.heartattackproof.com)*
- \*The Vegan Sourcebook by Joanne Stepaniak
- \*The RAVE Diet & Lifestyle by Mike Anderson – *Also see [www.ravediet.com](http://www.ravediet.com)*
- Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss by Joel Fuhrman
- The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health by T. Colin Campbell and Thomas M. Campbell, II
- Raising Vegan Children in a Non-Vegan World: A Complete Guide for Parents by Erin Pavlina
- \*Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy by Matthew Scully
- \*A Northwoodsman's Guide to Everyday Compassion by Kenneth Damro (*Ken is a Northern Vegans Founding Board Member*)
- \*God's Covenant with Animals: A Biblical Basis for the Humane Treatment of All Animals by J.R. Hyland
- \*Pleasurable Kingdom: Animals and the Nature of Feeling Good by Jonathan Balcombe
- \*Slaughterhouse: The Shocking Story of Greed, Neglect, and Inhumane Treatment Inside the U.S. Meat Industry by Gail A. Eisnitz
- \*No More Bull! The Mad Cowboy Targets America's Worst Enemy: Our Diet by Howard F. Lyman, Glen Merzer, and Joanna Samorow-Merzer
- \*MAD COWBOY: Plain Truth from the Cattle Rancher Who Won't Eat Meat by Howard F. Lyman and Glen Merzer
- \*Farm Sanctuary: Changing Hearts and Minds About Animals and Food by Gene Baur
- \*Raising Vegetarian Children: A Guide to Good Health and Family Harmony by Joanne Stepaniak and Vesanto Melina
- \*Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet by Brenda Davis and Vesanto Melina
- Skinny Bitch : A No-Nonsense, Tough-Love Guide for Savvy Girls Who Want fo Stop Eating Crap and Start Looking Fabulous! By Rory Freedman
- \*Where the Blind Horse Sings: Love and Healing at an Animal Sanctuary by Kathy Stevens
- \*Bird Flu: A Virus of Our Own Hatching by Michael Greger
- \*World Peace Diet: Eating for Spiritual Health and Social Harmony by Will Tuttle
- Quantum Wellness : A Practical and Spiritual Guide to Health and Happiness by Kathy Freston
- \*The Complete Idiot's Guide to Vegan Living by Beverly Lynn Bennett and Ray Sammartano

### **Children's Books**

- \*50 Awesome Ways Kids Can Help Animals: Fun and Easy Ways to Be a Kind Kid by Ingrid Newkirk
- \*The Organic Adventures of Tucker the Tomato by Rey Ortega
- \*T'was The Night Before Thanksgiving by Dav Pilkey

*\*Donated by Northern Vegans - [www.northernvegans.com](http://www.northernvegans.com) (See other side)*

*As of 1/12/2009*



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### Cookbooks

- \*Vegan Vittles: Down-Home Cooking for Everyone by Jo Stepaniak
- \*Vegan Cupcakes Take Over the World: 75 Dairy-Free Recipes for Cupcakes that Rule by Isa Chandra Moskowitz and Terry Hope Romero
- \*Student's Go Vegan Cookbook: Over 135 Quick, Easy, Cheap, and Tasty Vegan Recipes by Carole Raymond
- \*Vegan Planet: 400 Irresistible Recipes with Fantastic Flavors from Home and Around the World by Robin Robertson
- \*The Joy of Vegan Baking: The Compassionate Cooks' Traditional Treats and Sinful Sweets by Colleen Patrick-Goudreau
- \*The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes by Susan O'Brien
- \*Eat, Drink & Be Vegan: Great Vegan Food for Special and Everyday Celebrations by Dreena Burton
- \*Vegan Lunch Box: 130 Amazing, Animal-Free Lunches Kids and Grown-Ups Will Love! by Jennifer McCann
- \*Local Bounty: Vegan Seasonal Produce by Devra Gartenstein

### Cookbooks available from OTHER regional libraries

- \*The Complete Vegan Kitchen: An Introduction to Vegan Cooking with More than 300 Delicious Recipes-from Easy to Elegant by Jannequin Bennett
- \*My Sweet Vegan: Passionate About Dessert by Hannah Kaminsky
- \*reFresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants by Ruth Tal and Jennifer Houston
- \*Vegan Fusion World Cuisine: Healing Recipes and Timeless Wisdom from our Hearts to Yours by Mark Reinfeld, Bo Rinaldi, and Jane Goodall
- \*You Won't Believe It's Vegan!: 200 Recipes for Simple and Delicious Animal-Free Cuisine by Lacey Sher and Gail Doherty
- \*Vegan Inspiration: Whole Food Recipes for Life (Rainbow Fusion Cuisine for Body, Mind and Spirit) by Vegan Chef Todd Dacey with Jia Patten
- \*Made with Love: Vegan and Raw Recipes by Jennifer Lynn
- \*Vegan Success: Scrumptious, Healthy Vegan Recipes for Busy People by Susan C. Daffron and James H. Byrd
- \*ExtraVeganZa: Original Recipes from Phoenix Organic Farm by Laura Matthias
- \*Vegan Italiano: Meat-free, Egg-free, Dairy-free Dishes from Sun-Drenched Italy by Donna Klein
- \*The Complete Idiot's Guide to Vegan Cooking by Beverly Lynn Bennett and Ray Sammartano
- \*Vegan Fire & Spice: 200 Sultry and Savory Global Recipes by Robin Robertson

### DVD

- \*Eating by Michael Anderson - See also [www.ravediet.com](http://www.ravediet.com)
- \*Healing Cancer From Inside Out by Michael Anderson – See also [www.ravediet.com](http://www.ravediet.com)
- \*Change Your Food Change Your Life by Jill Ovnik

### Magazine

- \*Good Medicine - Physicians' Committee for Responsible Medicine - *Past & current issues are also available at [www.pcrm.org](http://www.pcrm.org)*
- \*VegNews Magazine

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