



Peter White Public Library - Items of Interest

Available via inter-library loan to affiliated libraries

Books

- *Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet by Brenda Davis and Vesanto Melina
- *Bird Flu: A Virus of Our Own Hatching by Michael Greger
- *The Cancer Survivor's Guide by Neal Barnard/Physicians Committee for Responsible Medicine (See DVD companion)
- 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
- *The Complete Idiot's Guide to Vegan Living by Beverly Lynn Bennett and Ray Sammartano
- *Crazy Sexy Cancer Survivor: More Rebellion and Fire for Your Healing Journey by Kris Carr and Marianne Williamson
- *Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy by Matthew Scully
- *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*
- 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
- Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss by Joel Fuhrman
- *Farm Sanctuary: Changing Hearts and Minds About Animals and Food by Gene Baur
- *God's Covenant with Animals: A Biblical Basis for the Humane Treatment of All Animals by J.R. Hyland
- *MAD COWBOY: Plain Truth from the Cattle Rancher Who Won't Eat Meat by Howard F. Lyman and Glen Merzer
- *Meat Market: Animals, Ethics, and Money by Erik Marcus
- *Metamorphosis: Poems to Inspire Transformation, Thought Provoking Poems and Photos that speak of animal, environmental, and human rights by Vegan Poet
- *No More Bull! The Mad Cowboy Targets America's Worst Enemy: Our Diet by Howard F. Lyman, Glen Merzer, and Joanna Samorow-Merzer
- *A Northwoodsman's Guide to Everyday Compassion by Kenneth Damro (*Ken is a Northern Vegans Founding Board Member*)
- *Pleasurable Kingdom: Animals and the Nature of Feeling Good by Jonathan Balcombe
- *Prevent and Reverse Heart Disease by Caldwell B. Esselstyn Jr., M.D. - *Also see www.heartattackproof.com*
- Quantum Wellness : A Practical and Spiritual Guide to Health and Happiness by Kathy Freston
- Raising Vegan Children in a Non-Vegan World: A Complete Guide for Parents by Erin Pavlina
- *Raising Vegetarian Children: A Guide to Good Health and Family Harmony by Joanne Stepaniak and Vesanto Melina
- *The RAVE Diet & Lifestyle by Mike Anderson – *Also see www.ravediet.com*
- Skinny Bitch : A No-Nonsense, Tough-Love Guide for Savvy Girls Who Want to Stop Eating Crap and Start Looking Fabulous! By Rory Freedman
- *Slaughterhouse: The Shocking Story of Greed, Neglect, and Inhumane Treatment Inside the U.S. Meat Industry by Gail A. Eisnitz
- *Thanking the Monkey: Rethinking the Way We Treat Animals by Karen Dawn
- *The Vegan Diet As Chronic Disease Prevention: Evidence Supporting the New Four Food Groups by Kerrie K. Saunders
- *This Crazy Vegan Life: A Prescription for an Endangered Species by Christina Pirello
- *Vegan in 30 Days: Get Healthy. Save the World by Sarah Taylor
- *The Vegan Sourcebook by Joanne Stepaniak
- *Vegan: The New Ethics of Eating by Erik Marcus
- *Vegan Vitality: 100 Vegan Recipes AND a One-Stop explanation of the Power of Veganism: The NO compromise Vegan Diet for Vitality, Energy and Sustainability! by RH Wheldon
- *Where the Blind Horse Sings: Love and Healing at an Animal Sanctuary by Kathy Stevens
- *World Peace Diet: Eating for Spiritual Health and Social Harmony by Will Tuttle
- *Yoga and Vegetarianism: The Path to Greater Health and Happiness by Sharon Gannon and Ingrid Newkirk

**Donated by Northern Vegans - www.northernvegans.com (See other side)*

As of 11/7/2009



Peter White Public Library - Items of Interest

Available via inter-library loan to affiliated libraries

Children's Books

- *50 Awesome Ways Kids Can Help Animals: Fun and Easy Ways to Be a Kind Kid by Ingrid Newkirk
- *Hubert the Pudge: A Vegetarian Tale by Henrik Drescher
- *The Organic Adventures of Tucker the Tomato by Rey Ortega
- *T'was The Night Before Thanksgiving by Dav Pilkey
- *That's Why We Don't Eat Animals: A Book About Vegans, Vegetarians, and All Living Things by Ruby Roth

Cookbooks

- *BabyCakes: Vegan, Gluten-Free, and (Mostly) Sugar-Free Recipes from New York's Most Talked-About Bakery by Erin McKenna
- *The Complete Vegan Kitchen: An Introduction to Vegan Cooking with More than 300 Delicious Recipes-from Easy to Elegant by Jannequin Bennett
- *Eat, Drink & Be Vegan: Great Vegan Food for Special and Everyday Celebrations by Dreena Burton
- *The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes by Susan O'Brien
- *Great Chefs Cook Vegan by Linda Long
- *The Joy of Vegan Baking: The Compassionate Cooks' Traditional Treats and Sinful Sweets by Colleen Patrick-Goudreau
- *Local Bounty: Vegan Seasonal Produce by Devra Gartenstein
- *PETA's Vegan College Cookbook: 275 Easy, Cheap, and Delicious Recipes to Keep You Vegan at School by PETA
- *Student's Go Vegan Cookbook: Over 135 Quick, Easy, Cheap, and Tasty Vegan Recipes by Carole Raymond
- *Vegan Cupcakes Take Over the World: 75 Dairy-Free Recipes for Cupcakes that Rule by Isa Chandra Moskowitz and Terry Hope Romero
- Vegan Express by Nava Atlas
- *Vegan Lunch Box: 130 Amazing, Animal-Free Lunches Kids and Grown-Ups Will Love! by Jennifer McCann
- Vegan Planet: 400 Irresistible Recipes with Fantastic Flavors from Home and Around the World by Robin Robertson
- *Vegan Soul Kitchen by Bryant Terry
- *Vegan Soups and Hearty Stews for All Seasons by Nava Atlas
- *The Vegan Table: 200 Unforgettable Recipes for Entertaining Every Guest at Every Occasion by Colleen Patrick-Goudreau
- *Vegan Vittles: Down-Home Cooking for Everyone by Jo Stepaniak
- Veganomicon: The Ultimate Vegan Cookbook by Isa Chandra Moskowitz and Terry Hope Romero
- *You Won't Believe It's Vegan!: 200 Recipes for Simple and Delicious Animal-Free Cuisine by Lacey Sher and Gail Doherty

DVD

- *Change Your Food Change Your Life by Jill Ovink
- *Dr. McDougall Disputes Major Medical Treatments (Heart Disease, Osteoporosis, Cancer and Premature Aging)
- *Eating by Michael Anderson - See also www.ravediet.com
- *Eating Right for Cancer Survival by Physicians Committee for Responsible Medicine (See related book)
- *Everyday Dish - Step-by-step instruction by chefs Bryanna Clark Grogan, Dreena Burton and Julie Hasson
- *Healing Cancer From Inside Out by Michael Anderson - See also www.ravediet.com

Magazine

- *Good Medicine - Physicians' Committee for Responsible Medicine - *Past & current issues are also available at www.pcrm.org*
- *VegNews Magazine

**Donated by Northern Vegans - www.northernvegans.com (See other side)*

As of 11/7/2009