



## 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](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
- 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](http://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](http://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](http://www.northernvegans.com) (See other side)*

*As of 11/7/2009*



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### 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](http://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](http://www.ravediet.com)

### 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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