



Voices from the Garden: Stories of Becoming a Vegetarian

Sharon Towns

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As more and more people become aware of the natural health, environmental, and animal welfare consequences of eating meat, more and more people are looking into vegetarianism. The first question such people often have, however, is: "How do I become a vegetarian?"

In nearly fifty personal stories, **Voices from the Garden** uncovers the motivations, concerns, and life journeys of people who decided to become vegetarians. These people come from all age-groups, ethnicities, countries, social strata, educational background, and perspective. Some became vegetarians because they experienced a life-changing relationship with a nonhuman animal. Some became vegetarians because of a health crisis that led them to their new diet. Some became vegetarians because of worries about the environmental consequences of meat-consumption. All, however, found themselves having to deal with the questions that many ask: What about protein? How do I deal with friends and family? How do I eat out? etc.

This inspiring collection is ideal for anyone thinking of vegetarianism or wanting to reinforce their move to vegetarianism.

Contributors Include:

- Howard Lyman
- Erik Marcus
- Michelle A. Rivera
- Ingrid Newkirk
- Richard H. Schwartz
- Jennie Taylor Martin
- and many others



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Harold Walsh:

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