



101 Reasons Why I'm a Vegetarian

Pamela Rice

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For many years, Pamela Rice authored and produced a pamphlet entitled *101 Reasons Why I'm a Vegetarian*, keeping it updated with six editions over thirteen years. Known to all who have read it as "The Mighty Convincer," the pamphlet offered pointed, bite-sized arguments for choosing the meatless diet from the perspectives of human health, animal welfare/rights, economics, and the environment. Over 180,000 copies of the pamphlet have been put into circulation. The success she gained from the pamphlet grew to the point where Pamela was able to open the Vegetarian Center of NYC (the first of its kind in the nation).

Now Pamela has written an expanded and fully resourced book-length version of her pamphlet, filling out the details of her argument and providing up-to-date information, but maintaining her engaging and informed style. In **101 Reasons Why I'm a Vegetarian**, she covers everything from the conditions for animals on factory farms to disappearing fish stocks, lagoons of animal waste, high incidences of heart disease, colon cancer and other diseases, and other information from industry periodicals, newspapers, magazines, Web sites, and other less readily available sources.

A work of prodigious scholarship and dedication, written with wit and skill, **101 Reasons Why I'm a Vegetarian** is sure to become the handy reference work for vegetarians who want to give their meat-eating friends one book that explains why they do what they do, and for meat-eaters who want to understand all the arguments for a meatless diet.

"If you've ever been curious about vegetarians and why they eat the way they do, Pam Rice is the woman to tell you. Without sentimentality or preaching, she provides a clear and thoughtful understanding of one of the most important choices a person can make. You don't have to be a vegetarian to benefit from this book. You only need to care about your health and the health of our planet." —**John Robbins**, author, *Diet For A New America* and *The Food Revolution*

"*101 Reasons Why I'm a Vegetarian* gives you all the motivation you'll need to take the one easy step that can revolutionize your health and help the environment: go vegetarian. You need this book—what's more, you'll love it." —**Neal Barnard**, president, The Cancer Project and the Physicians Committee for Responsible Medicine

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Barbara Baker:

People live in this new moment of lifestyle always aim to and must have the extra time or they will get lots of stress from both lifestyle and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not just a robot. Then we consult again, what kind of activity are there when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you try this one, reading guides. It can be your alternative throughout spending your spare time, the actual book you have read will be 101 Reasons Why I'm a Vegetarian.

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