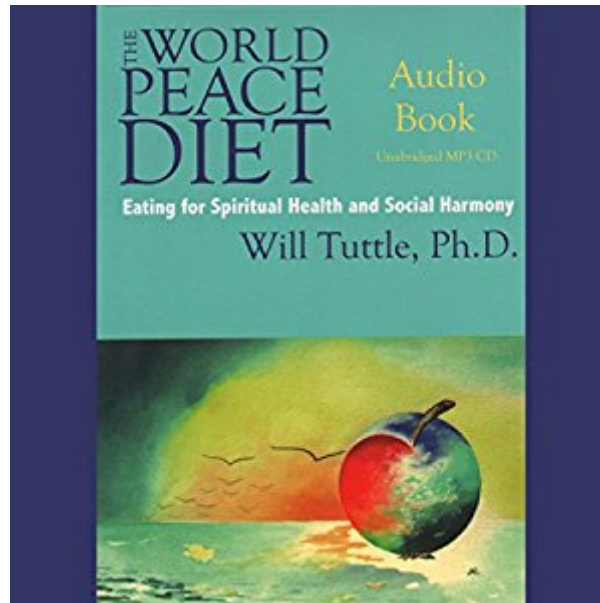


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# The World Peace Diet: Eating For Spiritual Health And Social Harmony



## Synopsis

What is so simple as eating an apple? And yet, what could be more sacred or profound? Food is our most intimate and telling connection both with the natural order and with our cultural heritage. But it is increasingly clear that the choices we make about food today are leading to environmental degradation, enormous human health problems, and unimaginable cruelty toward our fellow creatures. The World Peace Diet presents the outlines of a more empowering understanding of our world, based on comprehending the far-reaching implications of our food choices. Incorporating systems theory, teachings from mythology and religions, and the human sciences, Will Tuttle offers a set of universal principles for all people of conscience, from any religious tradition, that show how we as a species can move our consciousness forward—allowing us to become more free, more intelligent, more loving, and happier in the choices we make. Since it was published in 2005, The World Peace Diet and author Will Tuttle have reached hundreds of thousands of people around the globe and created a whole new movement of people making a conscious connection with a healthful diet and cruelty-free living, and committing spiritually, psychologically, and socially to nonviolence and genuine sustainability. This tenth anniversary edition contains a new foreword, new resources (including recipes), and a study guide. --This text refers to the Paperback edition.

## Book Information

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## Customer Reviews

This book is a must-read for anyone who wants to grow spiritually, who wants to live a conscious and compassionate life, and who wants to contribute to world peace. I have read many books on the topic of vegetarianism, animal rights and animal welfare, spiritual growth, and peace and

nonviolence. This book stands alone in its ability to make the connection between all of these subjects. Will Tuttle, Ph.D. is a rare combination of extraordinary compassion, scholarly research and education, spiritual commitment and wisdom, intuitive insights, and the courage to challenge a worldview which goes back 10,000 years. In this book, Tuttle explores humanity's relationship with the foods we eat. He points out, very convincingly, that when humans began herding animals, it began to create a consciousness of exploitation which then spread to the control and domination of other humans, as well as animals. So the roots of human's violence to humans are found in the practice of seeing animals as objects to exploit for our own purposes: for food, furs, labor, entertainment, "sport" and experimentation. The use of humans as slaves and the subjugation of women followed the subjugation and enslavement of animals. One thing that sets this book apart from any of the others that describe the problems associated with a meat-based diet is the focus on the spiritual aspects of our diet. When we take food into our bodies, we are also ingesting the energy contained in this food. Animals that are tortured and filled with terror and agony as they are killed are filled with this very negative energy. When humans eat their flesh, we are also ingesting this fear and anger. This affects us deeply.

What would happen if everyone ate with consideration of the damage they are causing the environment and other creatures? According to Will Tuttle, author of *The World Peace Diet*, we would all be vegan, and a lot less hostile. Tuttle's hypothesis says that if people really stopped to consider how sacred the act of eating is, the fact that you are literally taking on the energy and life force of another piece of matter, people would be a lot more mindful of their choices. And naturally following from that would be a meat-free diet. As long as we continue to try to dominate the animals we share the planet with, we will continue to have violence. He takes the idea of reaping what you sow to the ultimate end, arguing that humans live in cramped, ugly conditions with no joy because that is what we force animals to do; we have diets of highly processed, chemical-filled foods because that is what we give to animals; we are fat as we fatten our food unnaturally; we suffer more disease, chronic worry and pain because we give these things to animals. "Our cultural predicament - the array of seemingly intractable problems that beset us, such as a chronic war, terrorism, genocide, starvation, the proliferation of disease, environmental degradation, species extinction, animal abuse, consumerism, drug addiction, alienation, stress, racism, oppression of women, child abuse, corporate exploitation, materialism, poverty, injustice, and social malaise - is rooted in an essential cause that is so obvious that it has managed to remain almost completely overlooked," he writes. It's a powerful, passionate argument, one that many who are already

vegetarians or vegans will read and find themselves nodding their heads over.

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