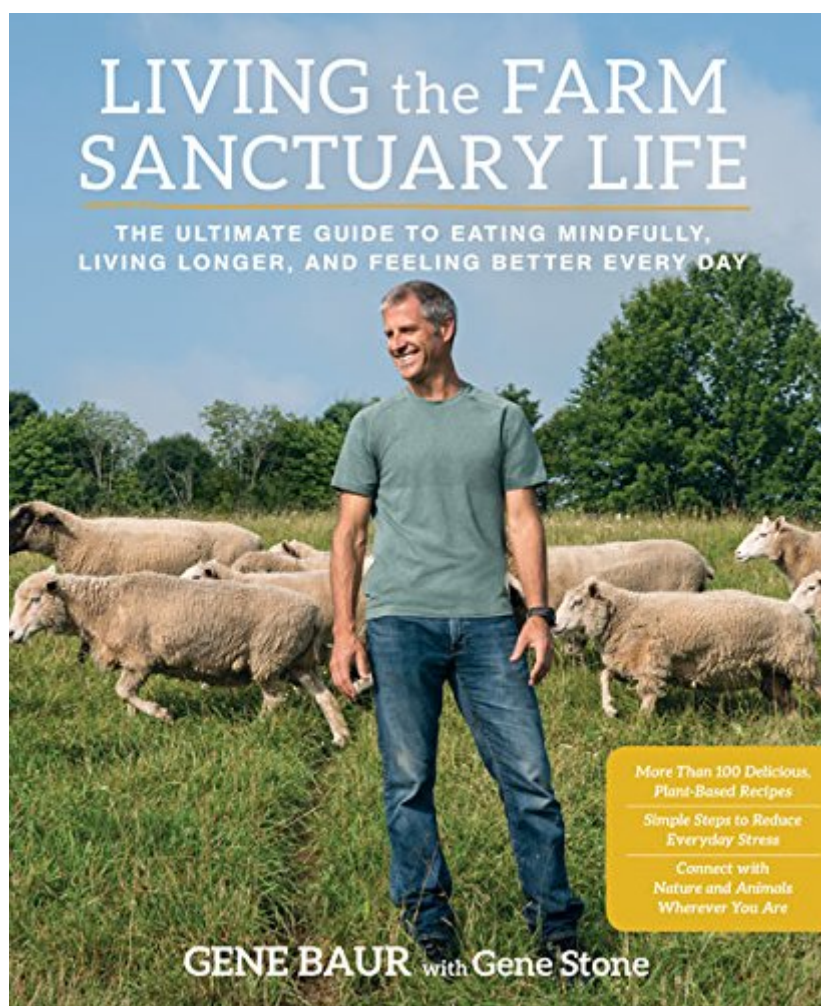




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Living The Farm Sanctuary Life: The Ultimate Guide To Eating Mindfully, Living Longer, And Feeling Better Every Day



Synopsis

Winner of a Books for a Better Life Award! Gene Baur, the cofounder and president of Farm Sanctuary, the nation's leading farm animal protection organization, knows that the key to happiness lies in aligning your beliefs with your actions. In this definitive vegan and animal-friendly lifestyle guide, he and Gene Stone, author of *Forks Over Knives*, explore the deeply transformative experience of visiting the sanctuary and its profound effects on people's lives. The book covers the basic tenets of Farm Sanctuary life--such as eating in harmony with your values, connecting with nature wherever you are, and reducing stress--and offers readers simple ways to incorporate these principles into their lives. *Living the Farm Sanctuary Life* also teaches readers how to cook and eat the Farm Sanctuary way, with 100 extraordinarily delicious recipes selected by some of the organization's greatest fans--chefs and celebrities such as Chef AJ, Chloe Coscarelli, Emily Deschanel, and Moby. Coupled with heartwarming stories of the animals that Farm Sanctuary has saved over the years, as well as advice and ideas from some of the organization's biggest supporters, *Living the Farm Sanctuary Life* is an inspiring, practical book for readers looking to improve their whole lives and the lives of those around them--both two- and four-legged.

Book Information

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Customer Reviews

Living the Farm Sanctuary Life: The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better Every Day is for everyone. Whether you're a vegan or not, this book sums up all the reasons and ways to live a more compassionate and meaningful life. It has gorgeous photos of animals and people, delicious recipes and helpful tips and wonderful rescue stories. It's concise, informative, inspiring, and motivating. Everyone will enjoy this book!

Part one of the book is called "A Happier, Healthier, More Compassionate Life", which talks about the history of Farm Sanctuary, Gene's life growing up, and his path from activist to vegan. It also lays out the five tenets of Farm Sanctuary Living. He says, "my interest in activism led me to examine the relationship between humans and other animals, and I soon came to realize that animal agriculture was a cruel, inefficient, and wasteful system." Gene founded Farm Sanctuary in 1986 with his friend Lorri Houston and the first animal he saved at a stockyard was a sheep named Hilda. She and other animals Gene saved from slaughter were brought to Farm Sanctuary where they lived the rest of their life in peace.

Quotes from the section of the book called The Five Tenets of Farm Sanctuary Living:

Tenet 1: Live and eat in alignment with your values. "The Farm Sanctuary way of living offers you a chance to do better: to match your heart with your food choices and, in so doing, help solve many of modern life's quandaries, ranging from the intolerable plight of animals in the factory farming system to our nation's poor health to environmental devastation."

Tenet 2: Engage in mindful connection with animals. "I believe that humans are a fundamentally empathic species and that this empathy has helped us evolve in the past and will be a key to our future evolution as well. The more humans understand and respect other creatures on earth-and the earth itself-the more likely we all are to survive."

Tenet 3: Engage in a mindful connection with your food. "Food contains life-sustaining nourishment and, as it courses through our bodies, the nutrients we ingest are absorbed into our very cells. To a major degree, we literally are what we eat."

Tenet 4: Eat plants for your health. ""Here's a news flash: You don't need to eat animal foods to be healthy and strong! Consuming animal foods actually contributes to serious health problems. Our bodies are best suited to consume plant foods."

Tenet 5: Eat plants for the health of the Earth. "Living in harmony with animals and the environment is not simply a matter of being in nature and communing with our fellow creatures. It's also about acknowledging that communing with animals rather than eating them is the healthiest choice that we can make for the planet and the future generations that will inhabit it."

Part two is called "Farm Sanctuary in Your Kitchen" where Gene talks about kitchen essentials, plant based

staples, and substitutes for animal-based foods. And finally, the last part of the book is called "The Recipes" where you'll find delicious vegan recipes for breakfast, lunch, dinner, as well as appetizers, soups, salads, and desserts!

I'm in late 60s and didn't know our animals were treated with such disrespect. Because of this book I will start with Monday, Wednesday and Friday no meat. My friends too will be hearing about these practices. Thank you for caring.

This is an amazing book. Gene Baur is just an incredible man, who has led a life full of passion and compassion. The recipes are also delicious, and the photos of the animals are adorable and show their individuality. I have been vegan for two months now, and as I opened myself up to all the amazing information on veganism and plant-based diets, I found my vegan heroes, and Gene Baur is definitely one of them. He is down to earth, yet so intelligent and has made such a difference. I feel positive that we are heading toward a more compassionate world, plant-based diets are becoming more mainstream, most people know about the horrors of factory farms and the mistreatment and exploitation that occurs when animals are used for profit. We are becoming more privy to this information, thanks to books like Gene's, and documentaries like Forks over Knives and Earthlings. We have the right and the privilege to make responsible decisions regarding what we eat. Many of us lack mindfulness in every day life, and living our lives on automatic pilot reflects in many poor food choices. Being mindful about what we eat and how the food got there, allows us to make choices with awareness, mindfulness, and compassion. Aligning with our values allows us to practice nonviolence and stand up for peace and justice on a daily occasion. As he says, "looking the other way prevents us from making responsible food choices." With awareness comes change, and we can create peace in our lives and on our plates. Empowerment cannot come without awareness. Great change cannot come without awareness. Give yourself the gift of educating yourselves on the plight of today's farm animals, and contribute your time and energy and dollar to the people who are actively helping animals and rescuing them, rather than contributing to the industry by our purchases. We don't have to wait for a new president or a law to be passed, we can start changing the world today. With mindful choices, we can change the world.

I am now a vegan without any effort. I originally got this book from library and loved it so much I bought a copy. The writer is so intelligent to present animals in this way. I believe we don't take the time to see the beauty in animals, he pointed this out through stories, He then guides you into

creating a vegan kitchen and than some great recipes from top vegan chiefs. It is a brilliant book. I now have many new friends that come over and I cook for them and read them stories. Its a delight for everyone including me for now I live with a bunch out farm animals and take the time to get to know them.Changed my life.

A beautiful presentation of this most important subject matter. The photography is absolutely stunning! The vegan recipes are delicious proof that anyone and everyone can enjoy and thrive on a plant-based diet. One will learn how living this lifestyle not only spares these precious beings from the horrors of industrialized farming but also how it results in tremendous health benefits for both people and the planet. I also highly recommend a follow-up visit to one of the sanctuaries. It will forever change your hearts and minds about respecting all life and the food that you eat...

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