

Meathooked The History And Science Of Our 25 Million Year Obsession With Meat

Consider the Fork A Woman's Place Catching Fire Grasping Mysteries The Meat Hook Meat Book Growing Young The Bloodless Revolution Geisha Made in Detroit Growing Young 2001 and Counting Medieval Medicine Meatonomics We the People Not the Impossible Faith Vystopia Meathooked Gristle Vegan Street Food Who's Your Paddy? Environmental, Health, and Business Opportunities in the New Meat Alternatives Market The Meat Racket Meathooked Uncommon Grounds The Devil's Diary Salt Ed Gein--Psycho! Teaching Social Communication to Children with Autism Meathooked The Chapo Guide to Revolution Vitebsk The Reducetarian Solution Hitler's Field Marshals and Their Battles Principles of Seed Science and Technology Some We Love, Some We Hate, Some We Eat 100 Million Years of Food First Bite The 5 A.M. Miracle The Third Reich Caught in the Maelstrom

Consider the Fork

A few years ago, Marta Zaraska's mother decided to go vegetarian after stumbling upon an article on the health risks of eating meat. Her resolve lasted about a fortnight before the juicy hams and the creamy pâtés began creeping back into her refrigerator. Prodded to explain her lapse, she replied, "I like meat, I eat it, end of story." Many of us have had a similar experience. What makes us crave animal protein, and what makes it so hard to give up? And if all the studies are correct, and consuming meat is truly unhealthy for us, why didn't evolution turn us all into vegetarians in the first place? In Meathooked, Zaraska explores what she calls the "meat puzzle": our love of meat, despite its harmful effects. Scientific journals overflow with reports of red meat raising the risk of certain cancers; each hamburger contributes as much to global warming as does driving a car 320 miles; and the horrors of industrial meat production are now well-known. None of these facts have prompted us to give up our hamburgers and steaks. On the contrary, meat consumption has only increased over the past decades. Taking the reader to India's unusual steakhouses, animal sacrifices at temples in Benin, and labs in Pennsylvania where meat is being grown in petri dishes, Zaraska examines the history and future of meat and meat-eating, showing that while our increasing consumption of meat can be attributed in part to the power of the meat industry and the policies of our governments, the main "hooks" that keep us addicted to meat are much older: genes and culture. An original and thought-provoking exploration of carnivorousness, Meathooked explains one of the most enduring features of human civilization—and why meat-eating will continue to shape our bodies and our world into the foreseeable future.

A Woman's Place

Where's the beef? In the news, that's where. More than ever, meat is making the headlines and growing numbers of people

are becoming more informed and passionate about what they eat. The facts are compelling: contamination cases are on the rise, obesity has become pandemic in the United States, and the animal agriculture sector is responsible for more human-induced greenhouse gas emissions than the entire transportation sector. It's no wonder that millions of people are thinking twice about meat. An information-packed, lively, and informative little guide, *Gristle* is for the growing number of people—from omnivores to vegans—who are thinking twice about the consequences of our industrial factory-farming system of raising animals for food. Multi-platinum musician Moby and leading food policy activist and expert Miyun Park have brought together fifteen of the country's leading voices on this issue—an eclectic group from such diverse backgrounds as farming, workers' rights activism, professional athletics, science, environmental sustainability, food business, and animal welfare advocacy—who together eloquently lay out how and why industrial animal agriculture unnecessarily harms workers, communities, the environment, our health, our wallets, and animals. In the tradition of Michael Pollan's *The Omnivore's Dilemma*, *Gristle* combines hard-hitting facts with a light touch and includes fascinating charts and illustrations depicting the stark realities of America's industrial food system.

Catching Fire

“Riveting...An elegantly composed study, important and even timely” (Kirkus Reviews, starred review) history of the Third Reich—how Adolf Hitler and a core group of Nazis rose from obscurity to power and plunged the world into World War II. In “the new definitive volume on the subject” (Houston Press), Thomas Childers shows how the young Hitler became passionately political and anti-Semitic as he lived on the margins of society. Fueled by outrage at the punitive terms imposed on Germany by the Versailles Treaty, he found his voice and drew a loyal following. As his views developed, Hitler attracted like-minded colleagues who formed the nucleus of the nascent Nazi party. Between 1924 and 1929, Hitler and his party languished in obscurity on the radical fringes of German politics, but the onset of the Great Depression gave them the opportunity to move into the mainstream. Hitler blamed Germany’s misery on the victorious allies, the Marxists, the Jews, and big business—and the political parties that represented them. By 1932 the Nazis had become the largest political party in Germany, and within six months they transformed a dysfunctional democracy into a totalitarian state and began the inexorable march to World War II and the Holocaust. It is these fraught times that Childers brings to life: the Nazis’ unlikely rise and how they consolidated their power once they achieved it. Based in part on German documents seldom used by previous historians, *The Third Reich* is a “powerful...reminder of what happens when power goes unchecked” (San Francisco Book Review). This is the most comprehensive and readable one-volume history of Nazi Germany since the classic *The Rise and Fall of the Third Reich*.

Grasping Mysteries

Instant New York Times bestseller “Howard Zinn on acid or some bullsh*t like that.” —Tim Heidecker The creators of the cult-hit podcast Chapo Trap House deliver a manifesto for everyone who feels orphaned and alienated—politically, culturally, and economically—by the lanyard-wearing Wall Street centrism of the left and the lizard-brained atavism of the right: there is a better way, the Chapo Way. In a guide that reads like “a weirder, smarter, and deliciously meaner version of The Daily Show’s 2004 America (The Book)” (Paste), Chapo Trap House shows you that you don’t have to side with either sinking ships. These self-described “assholes from the internet” offer a fully ironic ideology for all who feel politically hopeless and prefer broadsides and tirades to reasoned debate. Learn the “secret” history of the world, politics, media, and everything in-between that THEY don’t want you to know and chart a course from our wretched present to a utopian future where one can post in the morning, game in the afternoon, and podcast after dinner without ever becoming a poster, gamer, or podcaster. A book that’s “as intellectually serious and analytically original as it is irreverent and funny” (Glenn Greenwald, New York Times bestselling author of No Place to Hide) The Chapo Guide to Revolution features illustrated taxonomies of contemporary liberal and conservative characters, biographies of important thought leaders, “never before seen” drafts of Aaron Sorkin’s Newsroom manga, and the ten new laws that govern Chapo Year Zero (everyone gets a dog, billionaires are turned into Soylent, and logic is outlawed). If you’re a fan of sacred cows, prisoners being taken, and holds being barred, then this book is NOT for you. However, if you feel disenfranchised from the political and cultural nightmare we’re in, then Chapo, let’s go...

The Meat Hook Meat Book

In this stunningly original book, Richard Wrangham argues that it was cooking that caused the extraordinary transformation of our ancestors from apelike beings to Homo erectus. At the heart of Catching Fire lies an explosive new idea: the habit of eating cooked rather than raw food permitted the digestive tract to shrink and the human brain to grow, helped structure human society, and created the male-female division of labour. As our ancestors adapted to using fire, humans emerged as “the cooking apes”. Covering everything from food-labelling and overweight pets to raw-food faddists, Catching Fire offers a startlingly original argument about how we came to be the social, intelligent, and sexual species we are today. “This notion is surprising, fresh and, in the hands of Richard Wrangham, utterly persuasive Big, new ideas do not come along often in evolution these days, but this is one.” -Matt Ridley, author of Genome

Growing Young

A former AP national agribusiness reporter critically assesses the corporate meat industry as demonstrated by the practices of Tyson Foods, documenting the meat supply's takeover by a few powerful companies who the author argues are raising prices and outmaneuvering reforms.

The Bloodless Revolution

We do not come into the world with an innate sense of taste and nutrition; as omnivores, we have to learn how and what to eat, how sweet is too sweet, and what food will give us the most energy for the coming day. But how does this education happen? What are the origins of taste? In *First Bite*, the beloved food writer Bee Wilson draws on the latest research from food psychologists, neuroscientists, and nutritionists to reveal that our food habits are shaped by a whole host of factors: family and culture, memory and gender, hunger and love. An exploration of the extraordinary and surprising origins of our tastes and eating habits—from people who can only eat foods of a certain color to an amnesiac who can eat meal after meal without getting full—*First Bite* also shows us how we can change our palates to lead healthier, happier lives.

Geisha

World War II historian Mitcham provides extensive summaries of the lives and battles of Hitler's 25 field marshals, including Rommel, von Manstein, Model, and others.

Made in Detroit

From the award-winning and bestselling author of *Cod* comes the dramatic, human story of a simple substance, an element almost as vital as water, that has created fortunes, provoked revolutions, directed economies and enlivened our recipes. Salt is common, easy to obtain and inexpensive. It is the stuff of kitchens and cooking. Yet trade routes were established, alliances built and empires secured – all for something that filled the oceans, bubbled up from springs, formed crusts in lake beds, and thickly veined a large part of the Earth's rock fairly close to the surface. From pre-history until just a century ago – when the mysteries of salt were revealed by modern chemistry and geology – no one knew that salt was virtually everywhere. Accordingly, it was one of the most sought-after commodities in human history. Even today, salt is a major industry. Canada, Kurlansky tells us, is the world's sixth largest salt producer, with salt works in Ontario playing a major role in satisfying the Americans' insatiable demand. As he did in his highly acclaimed *Cod*, Mark Kurlansky once again illuminates the big picture by focusing on one seemingly modest detail. In the process, the world is revealed as never before. From the Hardcover edition.

Growing Young

There are various innovations and new technologies being produced in the energy, transportation, and building industries to combat climate change and improve environmental performance, but another way to combat this is examining the world's

food resources. Currently, there are global challenges associated with livestock and meat consumption, giving way to resource scarcity and the inability to sustain animal agriculture. Environmental, Health, and Business Opportunities in the New Meat Alternatives Market is a pivotal reference source that provides vital research on the development of plant-based foods and nutritional outcomes. Through analyzing innovative and disruptive trends in the food industry, it presents opportunities utilizing meat alternatives to create a more engaged consumer, a stronger economy, and a better environment. Highlighting topics such as meat consumption, nutrition, health, and gender perspectives, this book is ideally designed for policymakers, economists, health professionals, nutritionists, technology developers, academicians, and graduate-level students.

2001 and Counting

Medieval Medicine

Does living with a pet really make people happier and healthier? What can we learn from biomedical research with mice? Who enjoys a better quality of life—the chicken destined for your dinner plate or the rooster in a Saturday night cockfight? Why is it wrong to eat the family dog? Drawing on more than two decades of research into the emerging field of anthrozoology, the science of human-animal relations, Hal Herzog offers an illuminating exploration of the fierce moral conundrums we face every day regarding the creatures with whom we share our world. Alternately poignant, challenging, and laugh-out-loud funny—blending anthropology, behavioral economics, evolutionary psychology, and philosophy—this enlightening and provocative book will forever change the way we look at our relationships with other creatures and, ultimately, how we see ourselves.

Meatonomics

We the People

A few years ago, Marta Zaraska's mother decided to go vegetarian after stumbling upon an article on the health risks of eating meat. Her resolve lasted about a fortnight before the juicy hams and the creamy pâtés began creeping back into her refrigerator. Prodded to explain her lapse, she replied, “I like meat, I eat it, end of story.” Many of us have had a similar experience. What makes us crave animal protein, and what makes it so hard to give up? And if all the studies are correct, and consuming meat is truly unhealthy for us, why didn't evolution turn us all into vegetarians in the first place? In

Meathooked, Zaraska explores what she calls the “meat puzzle”: our love of meat, despite its harmful effects. Scientific journals overflow with reports of red meat raising the risk of certain cancers; each hamburger contributes as much to global warming as does driving a car 320 miles; and the horrors of industrial meat production are now well-known. None of these facts have prompted us to give up our hamburgers and steaks. On the contrary, meat consumption has only increased over the past decades. Taking the reader to India's unusual steakhouses, animal sacrifices at temples in Benin, and labs in Pennsylvania where meat is being grown in petri dishes, Zaraska examines the history and future of meat and meat-eating, showing that while our increasing consumption of meat can be attributed in part to the power of the meat industry and the policies of our governments, the main “hooks” that keep us addicted to meat are much older: genes and culture. An original and thought-provoking exploration of carnivorousness, Meathooked explains one of the most enduring features of human civilization—and why meat-eating will continue to shape our bodies and our world into the foreseeable future.

Not the Impossible Faith

Dr. Richard Carrier is an expert in the history of the ancient world and a critic of Christian attempts to distort history in defense of their faith. Not the Impossible Faith is a tour de force in that genre, dissecting and refuting the oft-repeated claim that Christianity could not have succeeded in the ancient world unless it was true. Though framed as a detailed rebuttal to Christian apologist J.P. Holding (author of The Impossible Faith), Carrier takes a general approach that educates the reader on the history and sociology of the ancient world, answering many questions like: How did Christians approach evidence? Was there a widespread prejudice against the testimony of women? Was resurrection such a radical idea? Who would worship a crucified criminal? And much more. Written with occasional humor and an easy style, and thoroughly referenced, with many entertaining "gotcha " moments, Not the Impossible Faith is a must-read for anyone interested in the origins of Christianity.

Vystopia

"This book is written for the vegan who finds it difficult to get non-vegans to understand the depth of their anguish."--Page 3.

Meathooked

Tells the story of Ed Gein's gruesome and horrifying murders which later became the inspiration for books and films such as "Psycho," "The Silence of the Lambs," and "The Texas Chainsaw Massacre"

Gristle

Japan's geisha have fascinated and allured westerners for centuries. But just who are geisha? This book delves into their lives and history with detailed coverage of their training, their costumes, and the intricate world of tradition in which they live and work. This finely illustrated book looks at the gradations of rank, clothing, and makeup, as well as the subtle changes of geisha appearance through the seasons. It explores the network of dance schools, teahouses, temples, offices and traditional crafts, with calligraphers, dyers, and sake warmers among the many occupations serving in the hanamachi or "flower towns," as geisha districts are known. The geisha craft itself draws on an array of traditional Japanese arts: dance, tea ceremony, traditional music, and games, all in the service of leisure. This book explains how this complex and often misunderstood world evolved, how it fits into modern Japan, and how it is adapting in order to survive there.--From publisher description.

Vegan Street Food

Discover the trailblazing women who changed the world from their kitchens. If "a woman's place is in the kitchen," why is the history of food such an old boys' club? *A Woman's Place* sets the record straight, sharing stories of more than 80 hidden figures of food who made a lasting mark on history. In an era when women were told to stay at home and leave glory to the men, these rebel women used the transformative power of food to break barriers and fight for a better world. Discover the stories of: Georgia Gilmore, who fueled the Montgomery Bus Boycott with chicken sandwiches and slices of pie Hattie Burr, who financed the fight for female suffrage by publishing cookbooks Kamaladevi Chattopadhyay, who, with just a few grains of salt, inspired a march for the independence of India The inventors of the dishwasher, coffee filter, the first buffalo wings, Veuve Clicquot champagne, the PB&J sandwich, and more. With gorgeous full-color illustrations and 10 recipes that bring the story off of the page and onto your plate, this book reclaims women's rightful place--in the kitchen, and beyond.

Who's Your Paddy?

Brian Kateman coined the term "Reductarian"--a person who is deliberately reducing his or her consumption of meat--and a global movement was born. In this book, Kateman, the founder of the Reductarian Foundation, presents more than 70 original essays from influential thinkers on how the simple act of cutting 10% or more of the meat from one's diet can transform the life of the reader, animals, and the planet. This book features contributions from such luminaries as Seth Godin, Joel Fuhrman, Victoria Moran, Jeffrey Sachs, Bill McKibben, Naomi Oreskes, Peter Singer, and others. With over 40 vegan, vegetarian, and "less meat" recipes from bestselling cookbook author Pat Crocker, as well as tons of practical tips for reducing the meat in your diet (for example, skip eating meat with dinner if you ate it with lunch; replace your favorite

egg omelet with a tofu scramble; choose a veggie burrito instead of a beef burrito; declare a meatless day of the week), The Reducetarian Solution is a life--not to mention planet!--saving book.

Environmental, Health, and Business Opportunities in the New Meat Alternatives Market

Learn about seven groundbreaking women in math and science in this gorgeously written biographical novel-in-verse, a companion to the “original and memorable” (Booklist, starred review) Finding Wonders: Three Girls Who Changed Science. After a childhood spent looking up at the stars, Caroline Herschel was the first woman to discover a comet and to earn a salary for scientific research. Florence Nightingale was a trailblazing nurse whose work reformed hospitals and one of the founders of the field of medical statistics. The first female electrical engineer, Hertha Marks Ayrton registered twenty-six patents for her inventions. Marie Tharp helped create the first map of the entire ocean floor, which helped scientists understand our subaquatic world and suggested how the continents shifted. A mathematical prodigy, Katherine Johnson calculated trajectories and launch windows for many NASA projects including the Apollo 11 mission. Edna Lee Paisano, a citizen of the Nez Perce Nation, was the first Native American to work full time for the Census Bureau, overseeing a large increase in American Indian and Alaskan Native representation. And Vera Rubin studied more than two hundred galaxies and found the first strong evidence for dark matter. Told in vibrant, evocative poems, this stunning novel celebrates seven remarkable women who used math as their key to explore the mysteries of the universe and grew up to do innovative work that changed the world.

The Meat Racket

THE ULTIMATE GUIDE TO SUPERCHARGING YOUR PRODUCTIVITY, DEMOLISHING YOUR TO-DO LIST, AND MAKING TIME FOR YOUR PASSION PROJECTS The 5 AM Miracle offers you a plan to focus on what matters most, and get more done. It shows how to reap the incredible benefits of early rising, from demolishing your to-do list to making time for your passion projects. With its 7-step system, this easy-to-follow guide teaches you how to systematically create a healthy, balanced lifestyle and achieve your grandest goals. Packed with tips, tricks and proven strategies for success, The 5 AM Miracle explains how and why you should: • Create an evening boundary for work • Plan tomorrow on paper tonight • Boost energy all day • Drink 1 liter of water and a green smoothie every morning • Organize annual goals in 3-month chunks • Use a task manager to track projects

Meathooked

This two book/DVD package presents a parent training approach that is accessible, evidence based, and highly practical.

Grounded in developmental and behavioral research, the Practitioner's Guide provides step-by-step guidelines for conducting parent training individually or in groups. It takes proven techniques for promoting the social-communication skills of young children with autism (up to age 6) and breaks them into simple yet effective steps for parents to follow. The DVD, for use in the training sessions, features video clips of parents implementing the techniques with their children, as well as PowerPoint slides. The Practitioners Guide also features 30 reproducible handouts and forms. The companion Manual for Parents helps parents master the techniques and use them at home with their child during daily routines and activities. - Publisher.

Uncommon Grounds

The sad plight of the Five Civilized Tribes the Cherokee, Choctaw, Creek (Muscogee), and Seminole during America s Civil War is both fascinating and often overlooked in the literature. From 1861-1865, the Indians fought their own bloody civil war on lands surrounded by the Kansas Territory, Arkansas, and Texas. Clint Crowe s magisterial Caught in the Maelstrom: The Indian Nations in the Civil War reveals the complexity and the importance of this war within a war, and explains how it affected the surrounding states in the Trans-Mississippi West and the course of the broader war engulfing the country. The onset of the Civil War exacerbated the divergent politics of the five tribes and resulted in the Choctaw and Chickasaw contributing men for the Confederacy and the Seminoles contributing men for the Union. The Creeks were divided between the Union and the Confederacy, while the internal war split apart the Cherokee nation mostly between those who followed Stand Watie, a brigadier general in the Confederate Army, and John Ross, who threw his majority support behind the Union cause. Throughout, Union and Confederate authorities played on divisions within the tribes to further their own strategic goals by enlisting men, signing treaties, encouraging bloodshed, and even using the hard hand of war to turn a profit. Crowe s well-written study is grounded upon a plethora of archival resources, newspapers, diaries, letter collections, and other accounts. Caught in the Maelstrom examines every facet of this complex and fascinating story in a manner sure to please the most demanding reader."

The Devil's Diary

"In We the People, renown journalist, Fox political analyst, and bestselling author Juan Williams examines the lives of the men and women in the 20th century who have extended the Founding Fathers' original vision of the country and reshaped what America is"--

Salt

A time when butchers and executioners knew more about anatomy than university-trained physicians - travel back to a time of such unlikely remedies as leeches, roasted cat and red bed curtains

Ed Gein--Psycho!

A smart, research-driven case for why optimism, kindness, and strong social networks will help us live to 100. From the day her daughter was born, science journalist Marta Zaraska fretted about what she and her family were eating. She fasted, considered adopting the keto diet, and ran a half-marathon. She bought goji berries and chia seeds and ate organic food. But then her research brought her to read countless scientific papers and to interview dozens of experts in various fields of study, including molecular biochemistry, epidemiology and neuroscience. What Marta discovered shattered her long-held beliefs about aging and longevity. A strong support network of family and friends, she learned, lowers mortality risk by about 45 percent, while exercise only lowers it by about 23 percent. Volunteering your free time lowers it by 22 percent or so, while certain health fads like turmeric haven't been shown to help at all. These revelations led Marta Zaraska to a simple conclusion: In addition to healthy nutrition and physical activity, deepening friendships, practicing empathy and contemplating your purpose in life can improve your lifespan. Through eleven chapters that take her around the world, from catching wild mice in the woods of central England to flower arranging with octogenarians in Japan, from laboratories to "hugging centres," Marta embarks on an absorbing, entertaining and insightful journey to determine the habits that will have the greatest impact on our longevity. Deeply researched and expertly reported, *Growing Young* will dramatically change the way you seek a longer, happier life.

Teaching Social Communication to Children with Autism

This Fourth Edition of *Principles of Seed Science and Technology*, like the first three editions, is written for the advanced undergraduate student or lay person who desires an introduction to the science and technology of seeds. The first nine chapters present the seed as a biological system and cover its origin, development, composition, function (and sometimes nonfunction), performance and ultimate deterioration. The last nine chapters present the fundamentals of how seeds are produced, conditioned, evaluated and distributed in our modern agricultural society. Two new chapters have been added in this fourth edition, one on seed ecology and the second on seed drying. Finally, revisions have been made throughout to reflect changes that have occurred in the seed industry since publication of the Third Edition. Because of the fundamental importance of seeds to both agriculture and to all of society, we have taken great care to present the science and technology of seeds with the respect and feeling this study deserves. We hope that this feeling will be communicated to our readers. Furthermore, we have attempted to present information in a straight-forward, easy-to-read manner that will be easily understood by students and lay persons alike. Special care has been taken to address both current state-of-the-art as

well as future trends in seed technology.

Meathooked

After all the green beer has been poured and the ubiquitous shamrocks fade away, what does it mean to be Irish American besides St. Patrick's Day? *Who's Your Paddy* traces the evolution of "Irish" as a race-based identity in the U.S. from the 19th century to the present day. Exploring how the Irish have been and continue to be socialized around race, Jennifer Nugent Duffy argues that Irish identity must be understood within the context of generational tensions between different waves of Irish immigrants as well as the Irish community's interaction with other racial minorities. Using historic and ethnographic research, Duffy sifts through the many racial, class, and gendered dimensions of Irish-American identity by examining three distinct Irish cohorts in Greater New York: assimilated descendants of nineteenth-century immigrants; "white flighters" who immigrated to postwar America and fled places like the Bronx for white suburbs like Yonkers in the 1960s and 1970s; and the newer, largely undocumented migrants who began to arrive in the 1990s. What results is a portrait of Irishness as a dynamic, complex force in the history of American racial consciousness, pertinent not only to contemporary immigration debates but also to the larger questions of what it means to belong, what it means to be American.

The Chapo Guide to Revolution

Now in paperback, a collection to treasure from one of our most popular poets: poems that range from the Detroit of her childhood to her current life on Cape Cod, from deep appreciations of the natural world to elegies for lost friends and fellow poets. In her trademark style combining the sublime with gritty reality, Marge Piercy describes the night she was born: "the sky burned red / over Detroit and sirens sharpened their knives. / The elms made tents of solace over grimy / streets and alley cats purred me to sleep." She writes in graphic, unflinching language about the poor, banished now by politicians, no longer "real people like corporations." There are elegies for her peer group of poets, gone now, whose work she cherishes but from whom she cannot help but want more. There are laments for the suicide of dolphins and for her beloved cats, as she remembers "exactly how I loved each." She continues to celebrate Jewish holidays in compellingly original ways, and sings the praises of her marriage and the small pleasures of life. A stunning collection in the best Piercy tradition.

Vitebsk

In this "provocative and persuasive work," the health advocate reveals the dirty economics of meat—an industry that's eating into your wallet (Publishers Weekly). Few Americans are aware of the economic system that supports our country's supply of animal foods. Yet these forces affect us in a number of ways—none of them good. Though we only pay a few

dollars per pound of meat at the grocery store, we pay far more in tax-fueled government subsidies—\$38 billion more, to be exact. And subsidies are just one layer of meat’s hidden cost. But in *Meatonomics*, lawyer and sustainability advocate David Robinson Simon offers a path toward lasting solutions. Animal food producers maintain market dominance with artificially low prices, misleading PR, and an outsized influence over legislation. But counteracting these manipulations is easy—with the economic sanity of plant-based foods. In *Meatonomics*, Simon demonstrates: How government-funded marketing influences what we think of as healthy eating How much of our money is spent to prop up the meat industry How we can change our habits and our country for the better “Spectacularly important.” —John Robbins, author of *The Food Revolution* “[A] well-researched, passionately written book.” —Publishers Weekly

The Reducetarian Solution

A highly decorated Wehrmacht general gives “an incisive and accurate account” of a pivotal Eastern Front battle during World War II (Army Rumour Service). The city of Vitebsk in Belarus was of strategic importance during the fighting on the Eastern Front, as it controlled the route to Minsk. A salient in the German lines, Vitebsk had been declared a *Festerplatz*—a fortress town—meaning that it must be held at all costs. A task handed to 3rd Panzer Army in 1943. Otto Heidkämper was chief of staff of Georg-Hans Reinhardt’s 3rd Panzer Army, Army Group Center, which was stationed around Vitebsk and Smolensk from early 1942 until June 1944. His detailed account of the defense of Vitebsk through the winter of 1943 into 1944, right up to the Soviet summer offensive, is a valuable firsthand account of how the operations around Vitebsk played out. Twenty maps accompany the narrative. During this time, 3rd Panzer Army undertook numerous military operations to defend the area against the Soviets; they also engaged in anti-partisan operations in the area, deporting civilians accused of supporting partisans, and destroying property. Finally, in June 1944, the Soviets amassed four armies to take Vitebsk, which was then held by 38,000 men of 53rd Corps. Within three days, Vitebsk was encircled, with 53rd Corps trapped inside. Attempts to break the encirclement failed, and resistance in the pocket broke down over the next few days. On June 27, the final destruction of German resistance in Vitebsk was completed. Twenty thousand Germans were dead and another 10,000 had been captured.

Hitler's Field Marshals and Their Battles

A cultural and political history of vegetarianism explains how puritanical revolutionaries, European Hinduphiles, and visionary scientists conspired to overthrow Western society's fierce devotion to the consumption of meat, tracing three centuries of the movement from eighteenth-century converts to Hinduism to present-day environmentalism and the animal rights movement.

Principles of Seed Science and Technology

Uncommon Grounds tells the story of coffee from its discovery on a hill in ancient Abyssinia to the advent of Starbucks. In this updated edition of the classic work, Mark Pendergrast reviews the dramatic changes in coffee culture over the past decade, from the disastrous “Coffee Crisis” that caused global prices to plummet to the rise of the Fair Trade movement and the “third-wave” of quality-obsessed coffee connoisseurs. As the scope of coffee culture continues to expand, Uncommon Grounds remains more than ever a brilliantly entertaining guide to the currents of one of the world's favorite beverages.

Some We Love, Some We Hate, Some We Eat

A groundbreaking World War II narrative wrapped in a riveting detective story, *The Devil's Diary* investigates the disappearance of a private diary penned by one of Adolf Hitler's top aides—Alfred Rosenberg, his “chief philosopher”—and mines its long-hidden pages to deliver a fresh, eye-opening account of the Nazi rise to power and the genesis of the Holocaust. An influential figure in Adolf Hitler's early inner circle from the start, Alfred Rosenberg made his name spreading toxic ideas about the Jews throughout Germany. By the dawn of the Third Reich, he had published a bestselling masterwork that was a touchstone of Nazi thinking. His diary was discovered hidden in a Bavarian castle at war's end—five hundred pages providing a harrowing glimpse into the mind of a man whose ideas set the stage for the Holocaust. Prosecutors examined it during the Nuremberg war crimes trial, but after Rosenberg was convicted, sentenced, and executed, it mysteriously vanished. New York Times bestselling author Robert K. Wittman, who as an FBI agent and then a private consultant specialized in recovering artifacts of historic significance, first learned of the diary in 2001, when the chief archivist for the U.S. Holocaust Memorial Museum contacted him to say that someone was trying to sell it for upwards of a million dollars. The phone call sparked a decade-long hunt that took them on a twisting path involving a pair of octogenarian secretaries, an eccentric professor, and an opportunistic trash-picker. From the crusading Nuremberg prosecutor who smuggled the diary out of Germany to the man who finally turned it over, everyone had reasons for hiding the truth. Drawing on Rosenberg's entries about his role in the seizure of priceless artwork and the brutal occupation of the Soviet Union, his conversations with Hitler and his endless rivalries with Göring, Goebbels, and Himmler, *The Devil's Diary* offers vital historical insight of unprecedented scope and intimacy into the innermost workings of the Nazi regime—and into the psyche of the man whose radical vision mutated into the Final Solution.

100 Million Years of Food

Buying large, unbutchered pieces of meat from a local farm or butcher shop means knowing where and how your food was

raised, and getting meat that is more reasonably priced. It means getting what you want, not just what a grocery store puts out for sale—and tailoring your cuts to what you want to cook, not the other way around. For the average cook ready to take on the challenge, *The Meat Hook Meat Book* is the perfect guide: equal parts cookbook and butchering handbook, it will open readers up to a whole new world—start by cutting up a chicken, and soon you'll be breaking down an entire pig, creating your own custom burger blends, and throwing a legendary barbecue (hint: it will include *The Man Steak*—the be-all and end-all of grilling one-upmanship—and a cooler full of ice-cold cheap beer). This first cookbook from meat maven Tom Mylan, co-owner of *The Meat Hook*, in Williamsburg, Brooklyn, is filled with more than 60 recipes and hundreds of photographs and clever illustrations to make the average cook a butchering enthusiast. With stories that capture the *Meat Hook* experience, even those who haven't shopped there will become fans.

First Bite

nating history, *Wilson* reveals the myriad innovations that have shaped our diets today. An insightful look at how we've changed food and how food has changed us, *Consider the Fork* reveals the astonishing ways in which the implements we use in the kitchen affect what we eat, how we eat, and how we relate to food.

The 5 A.M. Miracle

In this pamphlet, the renowned anthropologist Bruce Kapferer revisits Stanley Kubrick's classic film, *2001: A Space Odyssey*, making the case for the continued relevance of its mythic force. Hailed in its time as a critical examination of European and American realities at the peak of the Cold War, in the late 1960's, Kubrick's work is, as Kapferer shows, just as significant for the contemporary world?after Iraq War, after the crash, and in light of the many and various other effects of neo-liberalism. Kapferer tackles Kubrick's central theme: the changing relation of humanity to technology, as seen through the lens of Nietzsche's Zarathustra and the overarching concept of "the Eternal Return." This tour de force by one of anthropology's most insightful and imaginative thinkers testifies to the mythic power of Kubrick's film, and its refusal to go away.

The Third Reich

A fascinating tour through the evolution of the human diet, and how we can improve our health by understanding our complicated history with food. There are few areas of modern life that are burdened by as much information and advice, often contradictory, as our diet and health: eat a lot of meat, eat no meat; whole-grains are healthy, whole-grains are a disaster; eat everything in moderation; eat only certain foods--and on and on. In *100 Million Years of Food* biological

anthropologist Stephen Le explains how cuisines of different cultures are a result of centuries of evolution, finely tuned to our biology and surroundings. Today many cultures have strayed from their ancestral diets, relying instead on mass-produced food often made with chemicals that may be contributing to a rise in so-called "Western diseases," such as cancer, heart disease, and obesity. Travelling around the world to places as far-flung as Vietnam, Kenya, India, and the US, Stephen Le introduces us to people who are growing, cooking, and eating food using both traditional and modern methods, striving for a sustainable, healthy diet. In clear, compelling arguments based on scientific research, Le contends that our ancestral diets provide the best first line of defense in protecting our health and providing a balanced diet. Fast-food diets, as well as strict regimens like paleo or vegan, in effect hijack our biology and ignore the complex nature of our bodies. In 100 Million Years of Food Le takes us on a guided tour of evolution, demonstrating how our diets are the result of millions of years of history, and how we can return to a sustainable, healthier way of eating.

Caught in the Maelstrom

Winner of the Best Book Award in the PETA Vegan Food Awards 2016. Jackie and her family ate their way around Asia, sampling streetfood and jotting menu ideas on the back of napkins. Inspired by the food cultures she embraced on her travels, Jackie has brought new life to healthy, meat- and dairy-free food, inspired by the sheer quantity of vegan food on offer in Asia. Dotted with personal anecdotes from her travels, family photos and fascinating local information, Jackie takes us from India to Indonesia on a journey of tastes and textures, via Sri Lanka, Thailand, Vietnam, Laos and Malaysia. Recipes includes classic dishes that we might be already familiar with, such as Simple Sri Lankan Dal or Cauliflower and Kale Pakora, as well as regional specialities such as Oothapam (vegetable crumpets from South India) or Tahu Campur (Javanese fried tofu with cassava cakes). Street food is a central part of life in Asia. It brings families and communities together from breakfast to dinner, through all the scrumptious snacks along the way. With this book, you can bring this inspirational approach to feeding your family into your own kitchen, whipping up flavourful and wholesome bites. Celebrate vegan food in all its glory, without compromising on flavour or protein, or trying to makes substitutions for meat or fish. That is the beauty of this collection of Asian streetfood – it is simply delicious, and it just so happens to be vegan.

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