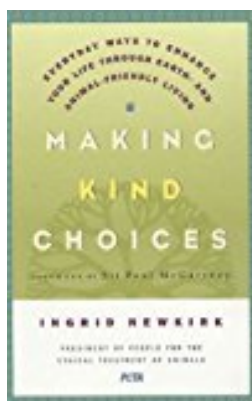


[PDF] Making Kind Choices: Everyday Ways To Enhance Your Life Through Earth- And Animal-Friendly Living

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Description:

From If the term *animal-friendly living* conjures up only images of eating nothing but bland vegetarian casseroles and wearing dowdy cloth coats instead of sumptuous full-length furs, then this practical, comprehensive handbook will go a long way toward dispelling these popular

misconceptions by enlightening readers about the many simple ways in which more environmentally aware and cruelty-free behaviors can be incorporated into everyday routines. Newkirk, president of People for the Ethical Treatment of Animals (PETA), brings nearly a quarter-century of involvement in the animal awareness movement to bear as she addresses such diverse issues as home decoration, food preparation, vacation destinations, and childhood education. Brief but informative chapters provide a thorough overview of a wide array of topics, supported by specific tips and instructions, and conclude with helpful contact information for additional resources. For the dedicated practitioner looking for additional ways to act upon his or her beliefs or for the beginner contemplating adopting such a lifestyle, Newkirk shows how easily such conscientious choices can be made. *Carol Haggas*

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Review "As this book explores, acts of kindness, even in the simplest ways, are what make our lives meaningful, bringing happiness to ourselves and others."

- The Dalai Lama

"This powerful book offers easy ways to make your compassionate mark on the world."

- Moby

"Ingrid Newkirk's wonderful new book is about us - about how in a world so violent and cruel, there is no way to pretend we're kind people unless we extend our kindness to those who are the most innocent and helpless."

- Bill Maher, host of "Real Time with Bill Maher"

"Ingrid Newkirk's book shows us practical ways to foster compassion towards animals. She is a true teacher."

- Martin Sheen

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