

MAD COWBOY

"HOWARD LYMAN IS FIGHTING NOT ONLY FOR OUR HEALTH BUT FOR OUR NATION'S SANITY AS WELL.
HE CHALLENGES NOT ONLY MAD COWS, BUT A MAD SYSTEM."

—STUDS TERREL



PLAIN TRUTH FROM THE CATTLE
RANCHER WHO WON'T EAT MEAT

HOWARD F. LYMAN

WITH GLEN MERZER

Howard F. Lyman

Mad Cowboy: Plain Truth from the Cattle Rancher Who Won't Eat Meat



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Told by the person who kicked off the infamous lawsuit between Oprah and the cattlemen, Mad Cowboy can be an impassioned accounts of the highly harmful practices of the cattle and dairy industries.to expose an animal-based diet as the primary cause of cancer, heart disease, and obesity in this nation.for the good of the earth and the fitness of us all. Persuasive, straightforward, and filled with the down-home good humor and optimism of a son of the soil, Mad Cowboy is usually both an inspirational story of personal transformation and a convincing proactive approach for a plant-based diet— Now a vegetarian, he blasts through the propaganda of beef and dairy passions—and the federal government agencies that defend them—Howard Lyman's testimony on The Oprah Winfrey Show revealed the deadly impact of the livestock industry on our well-being. He warns that the livestock industry is repeating the mistakes that resulted in Mad Cow disease in England while simultaneously causing serious damage to the environment. A fourth-era Montana rancher, Lyman investigated the use of chemical substances in agriculture after developing a spinal tumor that almost paralyzed him. It not only resulted in Oprah's declaration that she'd under no circumstances eat a burger once again, it delivered shock waves through a worried and vulnerable public.



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Lyman's Alright by me I had high hopes because of this book because Lyman was featured in the 2014 documentary, Cowspiracy. Later, "vegetarian". I've found no proof of this in Mad Cowboy or, up to now, anywhere else. I've read most of the 1-celebrity & 2-celebrity reviews and I understand the frustration of the "experts" who expected to learn more but, individually, I enjoy this thoughtful perspective of a cattleman who's abandoned meats. Being macrobiotic for over 30 years (but not always perfect) I love just how Lyman writes. I enjoy his difficult journey from cattle rancher to vegetarian and the very honest way he describes it. Great Book. tofu, which reserve isn't as controversial as I had hoped. Looking towards reading the more recent publication of the reserve. This is an extraordinary perspective.! Isn't that what we wish?! I'm going vegan. The info he shares was therefore shocking and incredible. Five Stars Interesting and validated info. I picked up this book, after hearing a podcast interview with Howard F. I would recommend it to anyone who would like to find out more about the devastation of cattle farming and what it really is doing to our world and our waistline line.! A new way to reach more people? After this book, you will not want to eat meat. This reserve opens your eye. I think I'll read more of his books. Lyman. After listening what he had to say about diet and health, I decided to pick up his publication. personal experience. The items most people are unaware about, or not really being told to the public, about meat is definitely shocking. Where's the editor? animals, "EVERYTHING. Important content for anybody This is essential read even though you choose never to go vegan. What he learned & I would highly recommend this publication to anyone looking to learn more on why or how exactly to put into action a plant based diet. The shocking truth will set you free. good Read superb reading couldnt put it straight down, very informative Five Stars Awesome. Incredibly powerful book Although some of the facts are now dated, this publication is incredibly eye-opening and a must read for any people who consider themselves environmentalists. Why is this book so powerful is that the composing is accessible, and Lyman's voice is both witty and compelling. Chapter Seven literally changed my life and my diet plan, for this made me realize the extreme harm that eating meats/dairy products can be having on the environment. He walks us through his journey of departing the cattle farming industry and getting vegan, and by explaining his personal story along with adding effective facts, his case for going vegan is as well powerful to dispute. Life changing book This book absolutely blew my mind when I read it. I was informed for years to read it and while I was on in January I finally cracked the spine. WOW!! And so what if portions of his book come off as an introduction to vegetarianism? I really do. I wish I had known earlier. I went vegetarian in 1995 but it required me another twenty years to stop all animal products. I hope to get to meet Howard someday :) You may never eat meat again! Readable filled up with the interesting perspective of a 4th generation cattle rancher eliminated vegan or "pure vegetarian". I've been wavering about changing my diet for quite a while, and the first two chapters cinched the deal. I question if these personal proclaimed experts remember just how they oh'd and awed over their first introduction to dietary revolution.. It isn't just my future health that I'm worried about, it the fitness of the complete planet. at least 95% of that time period.. There are some things in the publication that should probably be updated given newer studies, but overall, Lyman tells it as it is, ugly it may be. The book is quite entertaining, wittily written and quite interesting, a couple days and doesn't bog down in a torrent of figures. One irritation: on page 1, there it is: "vegetarian". The film suggested that speaking out against the meats industry has become essentially illegal, since 2001. The meat and dairy industry destroys, your health, the environment, species of plants & Now on to FORGET ABOUT BULL." I had been considering cutting out meats and dairy form my diet plan, but I wanted to educate myself first, before I made any huge changes. This publication took 2 times

to finish and I simply loved what He previously to say about the meat sector and reasoning to try becoming vegan. Fantastic book exposing the meat industry just by stating how they work, what it takes, functioning in the shadows, the federal government under their thumb. Powerful book! HA. fish the same again. Writer speaks & writes from observation & After reading the first chapter, I was shocked in what really goes on behind the moments in the meat and dairy sectors. He explains the process of how and just why the sector and meals is how it really is now. I adored this publication, especially coming type a man who was in the meats and dairy market, for some of his lifestyle. witnessed working in the beef market is impacting, the information becomes imprinted in the human brain. I love this book! Powerful book! Not you're average "woo-hoo" hippie vegan. Yes, I know about seitan & Tremendous read. I would suggest this book to individuals who think veganism, healthy taking in and loving the environment is "hippie woo-hoo bulls***". Mr. Lyman seems to definitely be on the additional end of the hippie spectrum, nevertheless shares the same vision of a wholesome planet and people. A great go through, it really is shocking and a full page turner! You may never look at meats, dairy & Shocking! Pick this publication, and talk about it with a friend. An Ag based take on the unpleasant truths we have been told to believe! Funny. Vision opening. I have a tendency to believe Howard way more, than just some man who heard it type another guy. And especially as somebody with an ag background this book does a fantastic job of training stuff not really anti ag, but rather pro health and environment. And I observe Mad Cowboy reaching more people in the same way. But I leave thinking that I'd enjoy to meet this guy. Fantastic book exposing the meat industry simply by stating how ... There are studies and evidence from Universities all around that meat and pet products cause cancer however the meat industry and cancer culture drives it in to the public that meats is safe.



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