

"If you care about our planet, and want to
make a difference, this book is a must-read."

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COMFORTABLY UNAWARE

what we choose to eat is killing us and our planet

dr. richard a. oppenlander



Richard Oppenlander

Comfortably Unaware: What We Choose to Eat Is Killing Us and Our Planet



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In *Comfortably Unaware*, Dr. His forthright information and stark mental pictures are often disturbing-and that's how it must be. Oppenlander Richard Oppenlander tackles the crucial problem of global depletion since it relates to food choice. As the guardians of Planet Earth, we need to be shaken out of our complacency, to stop being comfortably unaware, also to understand the steps we must take to ensure the health and well-getting of our planet-and of ourselves. We have to all be committed, he tells us, to understanding the truth and outcomes of our diet plan, the footprint it makes on the environment, and seek foods that are in the very best interest of all living things.



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Good Eco view of the explanation for a Vegan Diet plan. Oppenlander's book persuasively argues that the eliminating of sentient beings is dehumanizing. Because it will problem you as it did me. All of the scientific facts about the effects of an animal protein diet - after reading this book there is no excuse for not heading vegan. This last body is much more very important to our current world situation where we are already at 1. It s the elephant in the room. Changing light bulbs alone will not solve climate modification. Switching to a vegan diet plan has a much bigger impact. I'm a physician and am WFPB originally for reasons of wellness for me, my children and my patients. Good read. Strongly suggested I read . Then start from there, via one narcissist to the other. It is a very awakening topic for everybody that cares about the environment, themselves and the continuing future of our world. I recommend it to anyone no matter their level of awareness on the subject. This book will surely add worth to everyone's life. Wow! I learned therefore much well reading this book. Are you ready for the reality? If not really, don't read this book. Personally, I did so it for health reasons motivated by Forks over Knives. If you want to live your life consciously and keep yourself well-informed, then read aside. Richard A. Even if you don't value others, at least, if you are a narcissist, you could focus on the health affects to the main one body we receive.within a couple of hours. This is a top ten go through of all-time and all books I've ever examine. And yes, I have drank the cool-aid, but I will settle for one glass of Kombucha or fair-trade coffee. Organically produced thank you very much! All the scientific specifics to become vegan today! I highly recommend this book, specifically for the young and older who are unaware of what's happening to us.!! However, once you get into the globe of Veganism you discover that it makes sense on several levels: Health, Health Care costs, Compassion for People, Compassion for Animals, Environmental impacts and personal spritual development. I am very pleased to have read it since it was highly informative. Phenomenal book in devastation of pet agriculture to your environment Wonderful book about the devastating impact of animal agriculture on our planet earth.This book addresses environmentally friendly impact of animal based diets.2 deg C conditions increase over pre-industrial moments. As indicated in the publication, It really is 25x for a 100 year span, but for a 20 calendar year span it is a much more powerful 86x. Very informative.. Fascinating! It took 55 years of being comfortably unaware, I am grateful that We read this publication. A real eyes opener! Joel Fuhrman. I encourage everyone to read this..I highly recommend 'comfortably unaware.' I'm a physician and am WFPB primarily for reasons of . The reality of the will be self evident at some point in history.. Good read even if the enviornment was not your primary reason for going vegan. There are a number of reasons for moving into a Vegan Diet.THIS IS ACTUALLY THE ONE TO Go through!. His book should be go through by all progressive 'real food' advocates, who are simply as much of the problem as imbibers of hormone infused junk food. Read it and pass it on! I am a serious conservationist and have a library about survival, respect and knowing of our beautiful blue world.! It is quite repetitive, nevertheless, repetition is very necessary to nail it down into our hard heads. If you read one book in your life..! It is essential read and a must follow. He factors to the irony of eating meat and other 'sustainably' raised animal items while driving a Prius.Easily Unaware: What We Choose to Eat Is Killing Us and Our Planet Dr. But, most importantly the profound destruction of our planet directly due to raising and killing over 7 billion animals yearly is the MOST IMPORTANT problem of our period.. Michael Klaper, Dr. Our lives and the health of our planet are at stake.. Essentially the most important book that not enough people are reading. Read this publication! Very informative. Meat isn't health.. Easy read, so Insightful and spreads an immensely effective message. Meat is not health. The truth of this will be self obvious at some time in human history. Five Stars Great book on what an everyday habit and preference, that people take for granted, is killing our planet. Eye opener Everyone should go through this book to open up their eyes in regards to what is certainly going on.. The affect of our eating animal items is laid out in such a poignant manner that it nettles the conscience to change or live without look after a world outside our little container of

unawareness. Oppenlander is one of the best in my book and I keep him in high esteem along with Dr. John McDougall and Dr. It really is well written and shown in a factual, understandable method. I encourage everyone to learn this book if they actually want to know the truth. Amazing book This is a book I needed to read but didn't want to! There is an error in the reported heat warming potential of Methane (CH₄) vs Carbon Dioxide (CO₂). Amazing book Amazing book! Highly recomend to anyone interested in being aware.



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