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"Do yourself a favor and read this book!"

—KATHY FRESTON, author of the *New York Times* bestselling
Quantum Wellness and Veganism

NO **HAPPY** COWS

Dispatches from the Frontlines
of the **Food Revolution**

**JOHN
ROBBINS**

AUTHOR OF
The Food Revolution



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John Robbins

No Happy Cows: Dispatches from the Frontlines of the Food Revolution



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Robbin's trenchant and provocative observations in to the relationships between pets and the human beings who raise them remind us of the importance of working for a far more compassionate and environmentally accountable world.org. Topics include:The skinny on grassfed beefGreed and salmonellaJunk food advertising to kidsSoy and Alzheimer'sHormones in our milkPlus many more. Robbins shares his dispatches from the frontlines of the meals revolution: From his undercover investigations of feed a lot and slaughterhouses, to the rise of meals contamination, the slave trade behind chocolate and espresso, what he calls the sham of "Supplement Water," and the effects of hormones on animals and animal items. No Content Cows collects these latest observations along with never before published material for the first time in publication form.Internationally known vegan and bestselling author John Robbins has continued his observations and investigations into food politics and food-related issues of the day in his popular HuffingtonPost column, foodrevolution.



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I am well enough informed, but I understand a lot of information in certain, concentrated subjects or areas. After reading it I was nearly convinced to turn vegan but within my age I'm so used to eating meats I doubt I could perform it. But one thing is obvious from reading *No Happy Cows*, is that our meals supply and how we treat animals destined for our dinner tables, needs changing. Only if half of facts within this book are true, the food supply sector is certainly feeding us crap while it continues to subject cows, hens, pigs and other pets to the most inhumane circumstances imaginable. Ultimately this is essentially a moral issue that should be addressed; but will only be resolved if the general public demands action for the Congress, the FDA and the USDA. I've read many pro-plant content articles and books, which is definitely well worth reading, sharing, and internalizing. *The Passion and Soul* of John Robbins I will under no circumstances tire from reading the gentle, yet challenging, words of this ambassador of life. But they never reveal how using their products can harm us, like glucose and disease or among our newer epidemic "diseases", obesity. I valued the Organic Egg Scoreboard website link so that I would have the ability to find eggs sold in my region whose suppliers create the very best habitat for their hens. Protect yourself, go through this book! And the much less someone is aware of these very important subjects, the more I recommend they browse this book. But what really got me upset is usually how we enable Hershey, Folgers, Maxwell House and other food conglomerates, can allow child slavery to exist to harvest the crops that go into their items, by burying their head in the sand and pretend that the problem doesn't exist. Our options are so often predicated on marketing and our assumption that what we're acquainted with, carrying out what our parents and friends and everyone all around us is performing, is might know about be doing. I'm 66, this past year We switched to a . But information allows us to think for ourselves and make decisions predicated on facts;. I'm 66, a year ago We switched to a plant structured diet for health reasons. Shed 70lbs and a lot of medications and feel fantastic. Carrying excess fat isn't deadly. What they didn't tell you was the drinking water in the area is definitely contaminated with carcinogens. I don't make an effort to beat people over the mind with my suggestions rather I slip my animal loving close friends a copy of the book to provide them an informed view of modern agribusiness. An Overview of Subjects Most People Understand Little or Nothing About This book is like a crash course in subjects that everyone ought to know, and be very concerned about. So many of these subjects actually need a book or a couple of encyclopedias to cover and explain, a 23 chapter, 173 page publication can't begin to do it. When opened plagues and sickness and death engulf the globe.. And cholesterol-containing items. Dietary cholesterol is definitely cholesterol in the foods people eat. Which explains why we continue to be given entertainment, "portion of the story" and loads of marketing in all forms of media the public consumes. Those passions generally impact or control most press sources. And so, when compared to entertainment, partial tales, misinformation and simple silence, we listen to and see and examine very little about topics we should care about and be well-informed of. I can think of several changes that would change our familiar "high" standard of living, that could make people happier and healthier. In every the commercials and packaging for sweet, glucose loaded food, they by no means suggest or mention glucose consumption causes diabetes. I already knew a lot about factory farms, meats, chickens, and eggs, but this offered me new insights about chocolate and espresso, as well. But folks are making choices predicated on smart commercialism, well prepared out psychological methods that enjoy on our considering, emotions, mental constitute and insecurities, not to mention our insufficient information.. and see the flimflam of "facts" commercialism presents us with to market us their items or convince us we are in need of them. Our choices aren't our own when Madison Avenue shoves an

attractive person before us and tells us how their product will enhance some aspect of our lives. This all has on emotion and our mental make make-up. We don't realize or consider that no true facts are given to us to think about. Which explains why this publication will point a lot of people in the right direction,informing them and providing them with the resources to find more information.. And commercialism and politics. That was a little disappointing but it's still an extremely powerful reference. I'm not a vegetarian, but I want to eat as ethically as I can. While not an "ethical vegan", I strongly believe in sustainable agriculture. However the condition the body chemistry and essential organs are in from the high calorie foods you spent a long time or all of your lifestyle eating,is what eventually makes weight problems a killer disease. However they don't reveal about so a lot of things.Making bad food choices not only gives you the health-destroying effects of the foods themselves,but bad food choices robs the body of the vitamins and minerals and nutrients within good food options. Two very bad outcomes for the price of one.However they don't tell us these exact things. And on and on for each and every food product made from animals,milk,eggs or flesh,finned,furred,feathered and every living creature that doesn't fit that explanation. John Robbins tells it enjoy it can be. And animal products are THE ONLY Way to obtain cholesterol in the dietary plan; the body needs cholesterol and your body produces all the cholesterol it requires. These passions generally don't want the public to end up being influenced to avoid their items or question their practices and policies.Plus they never mention all of the diseases linked to cholesterol or the death count from cardiovascular disease alone. They need you to purchase the products they paid good money to advertise to you. Or die unexpectedly with no life insurance or will that could have helped their spouse and children. So there are important things they never point out but people discover out for themselves. Like when they're on insulin till they die or they want costly cholesterol prescriptions,or need heart surgery. More info,or "the downside" is what would make people NOT choose their products,which makes their commercials or advertisement ineffective and a waste materials of money. It's like someone giving you a nice vacation house on the beach. This book affirms that belief. The food sector and advertisements are actually like a Pandora's Package. But it does offer fact-based and educational writing,and also a good selection of books and documentary films within the last six web pages of the book,the Further Reading and Additional Assets section. And food-related ailments are preventable and common and may well be the root cause of most of the diseases that total epidemics in modern existence in so many created countries where "the standard of living is usually high". I believe that's another little bit of commercialism. The media is not providing this. But a lie repeated often plenty of becomes the truth. Many people probably think we have a high standard of living and "an excellent life".This book provides facts and information.A disturbing read about our food delivery system Just finished reading this book. This publication focuses on some topics I have not concentrated on,posesses certain facts and details which are fresh pieces of subjects I am well informed on,or have figured out for myself. But this reserve has something a lot of people,if not really everyone,can learn essential information from. This is eye-opening. Not really a fan of the writer's voice I like most of the content in this reserve, even if I disagree with a few of his assertions. Nevertheless, I don't like the smugness in his tone or condescension towards individuals who aren't metropolitan. That is still a worthy examine; just hold your breath through the writer's tone. Eye Opening Definitely going to read more of Robbins' books. A must read Engaging, well written, and convincing. Good Information Although I knew most of the information in the book, it was good to view it again. Robbins tells stuff in a clear concise manner that is easy to understand. If you are looking for answers, get a tea and sit down for awhile.

Everyone should browse John Robbins' books. I believe sugar products should have a warning like smoking cigarettes do. I guarantee your daily life will be enriched by reading his thoughts.. Great informative book. The packaging and advertisements never talk about that ALL animal products, and I really do mean ALL animal products, contain cholesterol. Very little new, but good nonetheless I didn't realize that parts of this reserve were published in other functions until I re-read some of these stories. And high-calorie-no-nutrition items. Five Stars I haven't browsed it yet, but we go through other books from him and they are outstanding! Wonderful eye-opening book! His words reflect his center and his heart, hope for all of us. Like the book and am now a lover of the author! I am also today a vegan! We thoroughly enjoyed it. I'm convinced that you will be everything you eat.. The meat, egg and dairy industry, food production and how our food choices deteriorate or benefit our health are topics intertwined with big business and profit. We thoroughly enjoyed it. I'm convinced that you will be everything you eat. He has a writing style I like. a clear and compelling proactive approach.



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