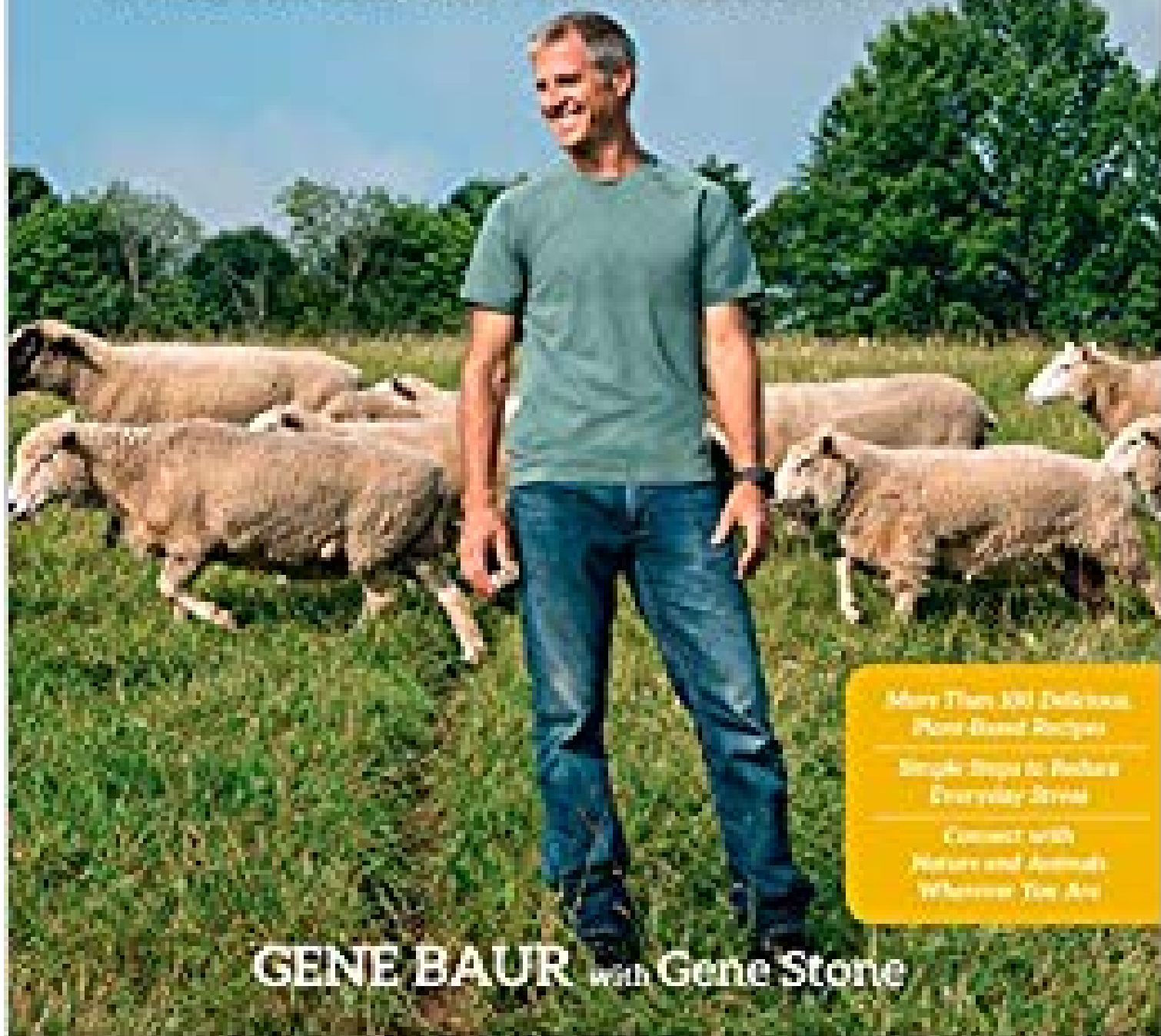


LIVING the FARM SANCTUARY LIFE

THE ULTIMATE GUIDE TO EATING MINDFULLY,
LIVING LONGER, AND FEELING BETTER EVERY DAY



More Than 100 Delicious
Plant-Based Recipes

Simple Steps to Reduce
Everyday Stress

Connect with
Nature and Animals
Wherever You Are

GENE BAUR *with* Gene Stone

Gene Baur

Living the Farm Sanctuary Life: The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better Every Day



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In this definitive vegan and animal-friendly lifestyle information, he and Gene Rock, writer of Forks Over Knives, explore the deeply transformative experience of going to the sanctuary and its own profound results on people's lives. Coupled with heartwarming stories of the animals that Farm Sanctuary has saved through the years, as well as advice and tips from some of the organization's biggest supporters, Living the Farm Sanctuary Life can be an inspiring, practical publication for readers seeking to improve their entire lives and the lives of those around them—Winner of a Books for an improved Life award! The publication covers the basic tenets of Farm Sanctuary life—such as eating in harmony with your ideals, connecting with nature wherever you are, and reducing stress—Living the Farm Sanctuary Life also teaches visitors how exactly to cook and consume the Farm Sanctuary method, with 100 extraordinarily delicious recipes selected by some of the organization's finest fans—and will be offering readers simple methods to incorporate these principles to their lives. chefs and celebrities such as for example Chef AJ, Chloe Coscarelli, Emily Deschanel, and Moby. Gene Baur, the cofounder and president of Farm Sanctuary, the country's leading farm animal security organization, knows that the key to happiness is based on aligning your beliefs with your activities. both two- and four-legged.



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This rampant abuse of millions of animals every time is basically invisible to the general public. Whether you're a vegan or not, this reserve sums up all the reasons and ways to live a more compassionate and meaningful lifestyle. It has gorgeous photos of pets and folks, delicious recipes and tips and amazing rescue stories. They are de-beaked, de-toed, and their tails are docked without anesthetic. Everyone will enjoy this book! Part among the book is called "A Happier, Healthier, More Compassionate Life", which talks about the history of Farm Sanctuary, Gene's life developing up, and his route from activist to vegan. Their bones break because their bodies have already been manipulated to grow therefore fast that they can't support their very own excess weight. He says, "my curiosity in activism led me to examine the relationship between humans and various other animals, and I soon came to recognize that pet agriculture was a cruel, inefficient, and wasteful program. Farm Sanctuary is committed to closing cruelty to farm animals and promoting compassionate vegan living through rescue, education, and advocacy efforts. I did allow myself poultry or turkey once weekly, but since reading the publication, I've slice that out aswell. Please sign up for us. "The Farm Sanctuary way of living offers you a chance to do better: to fit your heart together with your food options and, in so doing, help solve a lot of modern life's quandaries, ranging from the intolerable plight of pets in the factory farming program to our nation's poor health to environmental devastation. The reserve covers the basic tenets of Farm Sanctuary life--such as consuming in harmony together with your ideals, connecting with character wherever you are, and reducing stress--and offers visitors simple ways to incorporate these principles into their lives. One reason I bought the reserve was for the vegan/vegetarian recipes. The more humans understand and respect other creatures on earth--and the planet earth itself--the more most likely we all are to survive." Tenet 3: Take part in a mindful reference to your food. "Food includes life-sustaining nourishment and, as it courses through our anatomies, the nutrients we ingest are absorbed into our very cells. To a major degree, we literally are what we eat." Tenet 4: Eat plants for your wellbeing. ""Here's a information flash: You don't have to eat animal foods to be healthy and strong! Consuming animal foods actually plays a part in serious health problems. Our bodies are best suited to take plant foods." Tenet 5: Eat plant life for the health of the Earth. "Surviving in harmony with pets and the surroundings is not just a matter of being in nature and communing with our fellow creatures. It's also about acknowledging that communing with pets rather than eating them may be the healthiest choice that we can make for the planet and the future generations that may inhabit it." Component two is called "Farm Sanctuary in Your Kitchen" where Gene discusses kitchen essentials, plant based staples, and substitutes for animal-based foods. And lastly, the last section of the book is named "The Recipes" where you will discover delicious vegan quality recipes for breakfast, lunch, supper, in addition to appetizers, soups, salads, and desserts! I significantly admire Gene Baur and his . If you are not really acquainted with Gene Baur's amazing no profit corporation Farm Sanctuary, Google it to find out more and then order this publication for your individual library! a truly beautiful individual. In this definitive vegan and animal-friendly lifestyle instruction, he and Gene Rock, author of Forks Over Knives, explore the deeply transformative connection with visiting the sanctuary and its own profound effects on people's lives." Tenet 2: Engage in mindful reference to animals. This is Farm Sanctuary's Mission: To safeguard farm animals from cruelty, inspire change in the manner society views and treats farm animals, and promote compassionate vegan living. About Factory Farming : Within an ideal globe, there would be no need for Farm Sanctuary since it exists today. It just arrived so we haven't sampled it but I've poured through it in fact it is so extremely useful and encouraging and makes this feel just like a very doable factor! Cows, pigs, chickens, turkeys, and sheep would

be free of charge to roam in their pastures, sleep in the sun, scratch at the earth, and enjoy lifestyle. I advise everyone to get a copy of the book in their house and kitchen. They are crowded into warehouses, confined so tightly that they cannot easily walk as well as turn around. It's concise, useful, inspiring, and motivating. It also lays out the five tenets of Farm Sanctuary Living. Factory farm pets are denied oxygen, sun, wholesome food, area to move, and the independence to exhibit their organic behaviors. Living the Farm Sanctuary Life Living the Farm Sanctuary Existence: The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better EACH DAY is for everyone. We educate thousands of people about their plight and the consequences of factory farming on our health and environment. Today, Farm Sanctuary is the nation's largest & most effective farm pet rescue and protection company. Five Stars Beautiful, inspirational book. vegetarians. There are many that I have marked to try, but the few that I've currently cooked were quite great. The reserve did help solidify my belief that consuming meat is not healthful. About Farm Sanctuary : Farm Sanctuary was founded in 1986 to combat the abuses of factory farming and encourage a fresh awareness and understanding about farm animals. We advocate for laws and regulations and policies to prevent suffering and promote compassion, and we get in touch with legislators and businesses to bring about institutional reforms." Gene founded Farm Sanctuary in 1986 along with his friend Lorri Houston and the 1st animal he saved at a stockyard was a sheep called Hilda. Rates from the section of the book called The Five Tenets of Farm Sanctuary Living: Tenet 1: Live and eat in alignment with your ideals. A compassionate globe begins with you! As the subtitle claims, this book is "The ultimate guide to eating mindfully, living longer, and feeling better every day"! The best part is the quality recipes are compiled from vegan chefs around the country.. Animals in today's industrialized farms are treated like commodities. Buy a duplicate of this publication — do it for the animals we share this world with. Learned a lot more than expected, for sure. I'm in late 60s and didn't understand our animals had been treated with such disrespect. Because of this book I will start with Monday, Wednesday and Fri no meat. My close friends too will become hearing about these procedures. Many thanks for caring. Buy this book! Like love love this book.. Easy, realistic times indicated and no weird elements that will not be used once again. I have been eating a plant centered diet for over 20 years and this is an excellent book for all those just starting out or long time vegan & Northern California (Orland); Superb book - Solidified my belief that I should be a vegetarian I had currently seen and found out about the misuse that farm pets suffer, and had stopped eating pork and beef a few years ago. She and additional animals Gene preserved from slaughter were brought to Farm Sanctuary where they lived the others of their life in peace. I'm not sure I'll be in a position to become totally vegan, but I am attempting to. Great! "I really believe that humans certainly are a fundamentally empathic species and that empathy has helped us evolve in the past and will be a key to our future evolution as well. The only disappointment I have is that many of the recipes are time-consuming to get ready. However, this is simply not a fault of the publication as the recipes are probably very good, but that I'm not just one to spend a lot of time in the kitchen! At Farm Sanctuary, these animals are our friends, not our meals. Frankly, the idea of eating meats, especially eating meat of animals which have been abused, shouldn't be a part of an enlightened and thoughtful life style. I love animals - I don't consume them. Wonderful book. This is a fantastic book for anybody who loves animals This is an excellent book for anyone who loves animals.. Have tried many yummy recipes-over and again and again. Wonderful book. Highly recommended read! Farm Sanctuary should be a lovely and peaceful place. If only all human beings would be kind to pets, ALL animals, not only dogs and cats. Unfortunately for all of us, there will always be human monsters who'll escape with abusing

animals. That aside, the publication can be most informative and has included many great recipes. Gene Baur can be an amazing individual. I greatly admire Gene Baur and his supporters. Five Stars Baur is the reason I chose to be vegan. I must say i enjoyed this publication. The first half obviously explains the "five tenants" of farm sanctuary living, beginning with, "live and eat in alignment together with your values. This book gives different perspectives; The next half of the book is filled with vegan quality recipes. and the LA area. Honestly, this is not among my "go-to" cookbooks, nonetheless it is a "go-to" book for inspiring tales and reminders of why I've chosen to become vegan. My favorite part of, "Living the Farm Sanctuary Lifestyle" is the photos! They are beautiful, full-color images that really appear to capture the spirits of the pets pictured. We have rescued a large number of animals and looked after them at our sanctuaries in Watkins Glen, NY; Not only are the dishes great. It is very, very informative, even though you are a vegetarian or vegan. Awesome book! very cool cause, and great recipes! When you have been thinking about cutting meats out your diet, even for one day a week, this is actually the book for you personally." The points he makes are clear (and important) without being preachy. with new names and restaurants to dig deeper, and open fresh doors to various other vegan chefs. Remember to have a look at Rebecca Katz as well; Gene Baur, the cofounder and president of Farm Sanctuary, the nation's leading farm animal security business, knows that the main element to happiness lies in aligning your beliefs with your actions. Extremely Informative and Helpful! We've Gene Baur's book, "Farm Sanctuary" and ordered that one to greatly help us with becoming vegan. There will be no factory farms or stockyards. Five Stars Love all things Farm Sanctuary, and this book is not an exception. Fortunately the book doesn't describe in information the horrors that go on in factory farming but focuses mainly on the pets that they've rescued and clarifies the result on our health along with the harm factory farming does to the environment. Five Stars Oh Gene. You are a magical man.



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