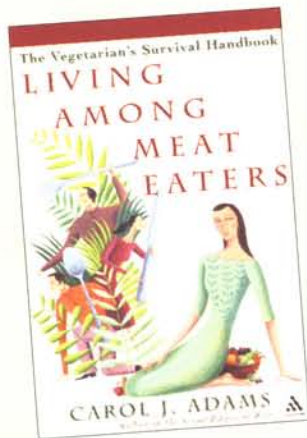


BOOKS FOR **Life**

Books are available from Viva! – send payment, order, name and address to: Viva!, 8 York Court, Wilder Street, Bristol, BS2 8QH (make cheque payable to Viva! Campaigns). Order by phone (Mon-Fri) on 0117 944 1000 or online at www.viva.org.uk. For a complete list of titles, send for the latest **Books for Life** catalogue, featuring the biggest selection of veggie titles around.



Living Among Meat Eaters: The Vegetarian's Survival Handbook

Carol Adams, £12.99 (plus £2.00 p&p), paperback

If you've ever been made to feel freakish because of your veggie diet and have responded in ways that might have been more constructive, this is a book for you.

Carol Adams believes the best way to deal with meat eaters' hostility is to treat them as blocked vegetarians and start from there. With a whole host of strategies for unblocking them – including a section on recipes for change – this book is a great read. It is entertaining and endlessly helpful. And by the way – aggression doesn't work!

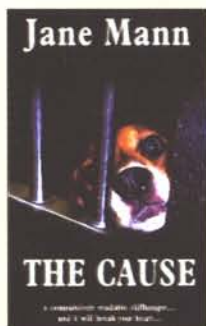
US guides and info are mentioned as part of your armoury but Viva! and the VVF have equivalents. *Jane Easton*

The Cause

Jane Mann, £8.99 (plus £2.00 p&p), fiction paperback

This novel follows 20-something Kate and her anti-vivisection rights of passage story, starting with her meeting with dynamic activist and handsome hero, Mark Stanton, which blossoms into a passionate love affair.

Animal rights issues don't often make it successfully into fiction and by the same token, I'm not sure how much *The Cause* – which is very full on – will appeal to non-animal rights folk (so don't be swapping it for the bodice ripper in your Auntie's stocking). If you are sympathetic to the cause, this novel's narrative and strong characters will hold your attention (as will the sex scenes) – a kind of Mills and Boon with horrifying descriptions of life in a lab. It makes you think. *Michelle Preston*

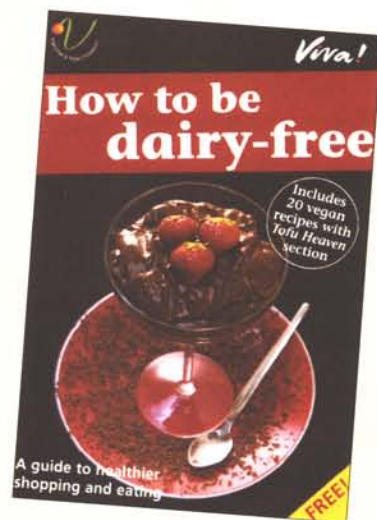


How to be Dairy-free

Viva!/Vegetarian & Vegan Foundation, 36-page colourful, FREE guide

Giving up dairy can seem like a minefield – but not with this great new guide. Doing without butter or cooking without eggs, coping without milk chocolate or creating curdle-free cuppas, this practical guide showcases many tasty food alternatives.

It has survival tips – for motorway services, when flying, dining out or entertaining at home, at the supermarket or grabbing a bite on the go. It allays doubts about vitamin B12 and calcium and offers hope to milk chocolate or cheese junkies. With the best vegan takeaways, 20 fantastic recipes and a four-page tofu feature that will breathe new life into your wok. And it's all completely FREE! The perfect accompaniment to Viva!'s *L-Plate Vegan* (£1.50 inc p&p). *Amanda Woodvine*



The China Study

T. Colin Campbell, PhD, with Thomas Campbell II, £24.95 (plus £4.50 p&p), hardback

If you're remotely interested in why vegan diets are by far the healthiest and why meat and dairy cause us so much damage – read this book. It is a brilliant case for a vegan diet, and almost uniquely for a scientist, a passionate *tour de force*. Written by one of the world's most eminent nutritional scientists and cancer experts, this book is breathtakingly persuasive in its call for the world to go vegan.

The China Study is the biggest-ever global study on the effects of diet on health and shows that meat and dairy cause cancers, heart disease, obesity, diabetes and autoimmune diseases. It also exposes the research and medical establishments and suggests why they react so slowly to the now overwhelming evidence.

The author was brought up on a dairy farm and studied animal nutrition at veterinary school and shared the dogma that humans must eat animals for protein. After discovering the highly toxic chemical dioxin through investigating chick deaths, he went on to study cancer and became Emeritus Professor of nutritional biochemistry at Cornell University. He believes humans are naturally vegan because that is what the scientific evidence is screaming at us. It is a beautifully written, lucid book appealing to the lay person.

Sadly, the author supports vivisection – which Viva! and the VVF do not – but the book is essentially about human studies and everyone should read it.

Juliet Gellatley

