



## Recommended Reading

### General

The China Study, T. Colin Campbell	Diet For a New America, John Robbins	The World Peace Diet, John Robbins
Food Revolution, John Robbins	May All Be Fed, John Robbins	Vegan: The New Ethics of Eating, Eric Marcus
Eating Animals, Jonathan Safran Foer	Fast Food Nation, Eric Schlosser	Skinny Bitch, Rory Friedman/Kim Barnouin
Mind If I Order The Cheeseburger?, Sherry F. Colb	We Animals, Jo-Anne McArthur	What A Fish Knows, Jonathan Balcombe

### Nutrition and Health

Main Street Vegan, Victoria Moran	Vegan For Her, Virginia Messina	Engine 2 Diet, Rip Esselstyn
No Meat Athlete, Matt Frazier/Matt Ruscigno	Power Foods For The Brain, Neal D. Barnard, M.D.	The Starch Solution, John McDougall, M.D./Mary McDougall
Supermarket Vegan, Donna Klein	Eat & Run, Scott Jurek	Finding Ultra, Rich Roll
Thrive, Brendan Brazier	The Plantpower Way, Rich Roll/Julie Piatt	How Not To Die, Michael Greger, M.D.

### Animal Compassion

Eat Like You Care, Gary Francione	Why We Love Dogs, Eat Pigs, and Wear Cows, Melanie Joy	Animal Liberation, Peter Singer
Mercy For Animals, Nathan Runkle	Some We Love, Some We Hate, Some We Eat, Hal Herzog	Slaughterhouse, Gail Eisnitz
Living the Farm Sanctuary Life, Gene Bauer/Gene Stone	Prisoned Chickens, Poisoned Eggs, Karen Davis	Do Unto Animals, Tracey Stewart
Where The Blind Horse Sings, Kathy Stevens	The Lucky Ones, Jenny Brown	Farm Sanctuary, Gene Bauer

### Children and Vegan Pregnancy

My Gentle Barn, Ellie Lacks	The Kind Mama, Alicia Silverstone	Skinny Bitch Bun in the Oven, Rory Friedman/Kim Barnouin
Raising Vegetarian Children, Joann Stepaniak/Vesanto Melina	Forks Over Knives Family, Alona Pulde/Matthew Lederman, M.D.	That's Why We Don't Eat Animals; V is For Vegan, Ruby Roth



## Recommended Reading (continued)

### Favorite Cookbooks

Afro Vegan, Bryant Terry	Vegan Diner, Julie Hassan	1000 Vegan Recipes, Robin Robertson
Mayim's Vegan Table, Mayim Bialik/Jay Gordon	Veganomicon, Isa Chandra Moskowitz	Isa Does It, Isa Chandra Moskowitz
Vegan on the Go, Jerome Eckmeier/Daniela Lais	Betty Goes Vegan, Dan Shannon/Annie Shannon	Vegan 101, Heather Bell/Jenny Engel
The Vegan Table, Colleen Patrick-Goudreau	The Joy of Vegan Baking, Colleen Patrick-Goudreau	World Vegan Feast, Bryanna Clark Grogan
The Sexy Vegan, Brian L. Patton	Jazzy Vegetarian's Deliciously Vegan, Laura Theodore	Vegan Planet, Robin Robertson
Chloe's Kitchen, Chloe Coscarelli	Modern Vegan Baking, Gretchen Price	Vegan Comfort Classics, Lauren Toyota
Minimalist Baker's Everyday Cooking, Dana Shultz	The Oh She Glows Cookbook, Angela Liddon	The Homemade Vegan Pantry, Miyoko Schinner
American Vegan Kitchen, Tamasin Noyes	The Kind Diet, Alicia Silverstone	But I Could Never Go Vegan, Kristy Turner
Happy Herbivore Light & Lean, Lindsay S. Nixon	Vegan Soul Kitchen, Bryant Terry	Vegan Holiday Cooking, Joy Pierson/Angel Ramos
VBO The Ultimate Vegan Barbecue Cookbook, Nadine Horn/Jorg Mayer	Wicked Healthy, Chard Sarno/Derek Sarno/David Joachim	The Simply Vegan Cookbook, Dustin Harder

### Dairy

Don't Drink Your Milk, Frank Oski, M.D.	The Cheese Trap, Neal D. Barnard, M.D.	Whitewash, Joseph Keon/John Robbins
Go Dairy Free, Alisa Fleming	This Cheese is Nuts!, Julie Piatt	

### Spiritual/Religious

Dominion, Matthew Scully	The Lost Religion of Jesus, Keith Akers	Why Christians Get Sick, Rev. George Malkmus
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## Recommended Websites

### General

<a href="http://Vegmichigan.org">Vegmichigan.org</a>	<a href="http://Vegsource.com">Vegsource.com</a>	<a href="http://Navs-online.org">Navs-online.org</a>	<a href="http://Vrg.org">Vrg.org</a>
<a href="http://PBNSG.org">PBNSG.org</a>	<a href="http://Veganoutreach.org">Veganoutreach.org</a>	<a href="http://Goveg.com">Goveg.com</a>	<a href="http://Vegan.com">Vegan.com</a>
<a href="http://Happycow.net">Happycow.net</a>	<a href="http://Vegantravel.com">Vegantravel.com</a>	<a href="http://Veggie-Hotels.com">Veggie-Hotels.com</a>	

### Nutrition & Health

<a href="http://Nutritionfacts.org">Nutritionfacts.org</a>	<a href="http://DrMcDougall.com">DrMcDougall.com</a>	<a href="http://PCRM.org">PCRM.org</a>	
<a href="http://Veganhealth.org">Veganhealth.org</a>	<a href="http://Nutritionstudies.org">Nutritionstudies.org</a>		

### Children & Vegan Pregnancy

<a href="http://Vegfamily.com">Vegfamily.com</a>	<a href="http://Keepkidshealthy.com">Keepkidshealthy.com</a>	<a href="http://Vrg.org/nutrition/veganpregnancy">Vrg.org/nutrition/veganpregnancy</a>	<a href="http://Vegan-momma.com">Vegan-momma.com</a>
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### Animal Compassion

<a href="http://FarmUSA.org">FarmUSA.org</a>	<a href="http://FarmSanctuary.org">FarmSanctuary.org</a>	<a href="http://MercyForAnimals.org">MercyForAnimals.org</a>	<a href="http://AFA-online.org">AFA-online.org</a>
<a href="http://TheHumaneLeague.org">TheHumaneLeague.org</a>	<a href="http://PETA.org">PETA.org</a>	<a href="http://HumaneSociety.org">HumaneSociety.org</a>	

### Spiritual/Religious

<a href="http://All-creatures.org">All-creatures.org</a>	<a href="http://Ivu.org">Ivu.org</a>	<a href="http://Jewishveg.org">Jewishveg.org</a>	
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### Shopping

<a href="http://Veganessentials.com">Veganessentials.com</a>	<a href="http://Mooshoes.com">Mooshoes.com</a>	<a href="http://Bravegentleman.com">Bravegentleman.com</a>	<a href="http://Vegancuts.com">Vegancuts.com</a>	<a href="http://Alternativeoutfitters.com">Alternativeoutfitters.com</a>
<a href="http://Vauteccouture.com">Vauteccouture.com</a>	<a href="http://Mattandnat.com">Mattandnat.com</a>	<a href="http://Tastemakersupply.com">Tastemakersupply.com</a>	<a href="http://Veganchic.com">Veganchic.com</a>	<a href="http://Wills-vegan-shoes.com">Wills-vegan-shoes.com</a>
<a href="http://Jeannkatorhandbags.com">Jeannkatorhandbags.com</a>	<a href="http://Grinninggoat.ca">Grinninggoat.ca</a>	<a href="http://Thevegancollection.com">Thevegancollection.com</a>	<a href="http://Susistudio.com">Susistudio.com</a>	<a href="http://Theveganlife.com">Theveganlife.com</a>

## Recommended Blogs

<a href="#">Bite Size Vegan</a>	<a href="#">Black Vegans Rock</a>	<a href="#">Chocolate Covered Katie</a>	<a href="#">What The Hell Does a Vegan Eat Anyway?</a>
<a href="#">Happy Herbivore</a>	<a href="#">Keepin' It Kind</a>	<a href="#">Minimalist Baker</a>	<a href="#">Oh She Glows</a>
<a href="#">Blog.fatfreevegan</a>	<a href="#">Rich Roll</a>	<a href="#">Sistah Vegan</a>	<a href="#">Sweet Potato Soul</a>
<a href="#">Vegan Richa</a>	<a href="#">Vegansaurus</a>	<a href="#">The Kind Life</a>	<a href="#">Vegan Stoner</a>



## Recommended Films

Cowspiracy	Earthlings	Fast Food Nation	Fat, Sick & Nearly Dead	Eating Animals
Food, Inc.	Forks Over Knives	Speciesism	Super Size Me	What The Health
The Last Pig	H.O.P.E What You Eat Matters	The Game Changers	Fed Up	Vegucated