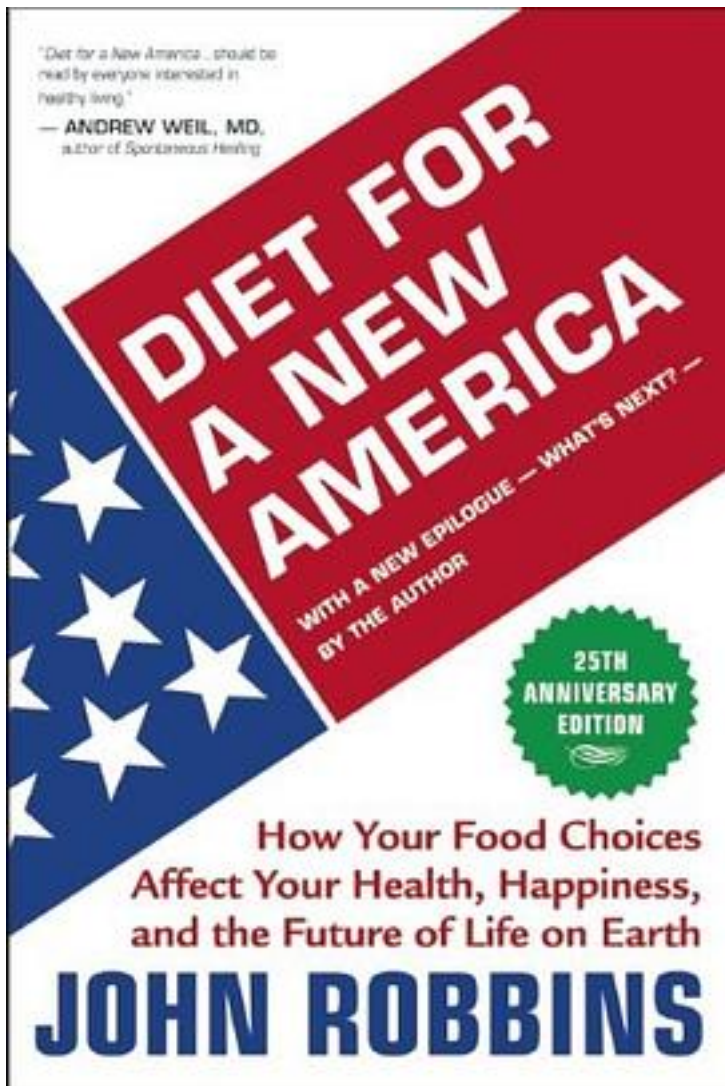


Diet for a New America



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著者:Robbins, John

出版者:HJ Kramer/New World Library; 25 Anv edition

出版时间:2012-12

装帧:Paperback

isbn:9781932073546

From John Robbins, a new edition of the classic that awakened the conscience of a nation. Since the 1987 publication of *Diet for a New America*, beef consumption in the United States has fallen a remarkable 19%. While many forces are contributing to this dramatic shift in our habits, *Diet for a New America* is considered to be one of the most important. *Diet for a New America* is a startling examination of the food we currently buy and eat in the United States, and the astounding moral, economic, and emotional price we pay for it.

In Section I, John Robbins takes an extraordinary look at our dependence on animals for food and the inhumane conditions under which these animals are raised. It becomes clear that the price we pay for our eating habits is measured in the suffering of animals, a suffering so extreme and needless that it disrupts our very place in the web of life.

Section II challenges the belief that consuming meat is a requirement for health by pointing out the vastly increased rate of disease caused by pesticides, hormones, additives, and other chemicals now a routine part of our food production. The author shows us that the high health risk is unnecessary, and that the production, preparation, and consumption of food can once again be a healthy process.

In Section III, Robbins looks at the global implications of a meat-based diet and concludes that the consumption of the resources necessary to produce meat is a major factor in our ecological crisis.

Diet for a New America is the single most eloquent argument for a vegetarian lifestyle ever published. Eloquent, evocative, and entertainingly written, it is a cant put down book guaranteed to amaze, infuriate, but ultimately educate and empower the reader. A pivotal book nominated for the Pulitzer Prize for Non-Fiction in 1987.

作者介绍:

John Robbins is the bestselling author of *Voices of the Food Revolution*, *No Happy Cows*, *Diet for a New America*, and many other landmark works. He is founder of EarthSave International and the co-founder and co-host of the 100,000+ member Food Revolution Network, <http://foodrevolution.org>.

Robbins' books also include *THE NEW GOOD LIFE: Living Better Than Ever in an Age of Less*, *HEALTHY AT 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples*, *THE AWAKENED HEART: Meditations on Finding Harmony in a Changing World*, and *RECLAIMING OUR HEALTH: Exploding the Medical Myth and Embracing the Source of True Healing*.

Robbins' work has been the subject of cover stories and feature articles in *The San Francisco Chronicle*, *The Los Angeles Times*, *Chicago Life*, *The Washington Post*, *The New York Times*, *The Philadelphia Inquirer*, and many of the nation's other major newspapers and magazines. His life and work have also been featured in an hour long PBS special titled *Diet For A New America*.

The only son of the founder of the Baskin-Robbins ice cream empire, John Robbins was groomed to follow in his father's footsteps, but chose to walk away from Baskin-Robbins and the immense wealth it represented to "...pursue the deeper American Dream...the dream of a society at peace with its conscience because it respects and lives in harmony with all life forms. A dream of a society that is truly

healthy, practicing a wise and compassionate stewardship of a balanced ecosystem."

Considered by many to be one of the most eloquent and powerful spokespersons in the world for a sane, ethical and sustainable future, John has been a featured and keynote speaker at major conferences sponsored by Physicians for Social Responsibility, Beyond War, Oxfam, the Sierra Club, the Humane Society of the United States, the United Nations Environmental Program, UNICEF, and many other organizations dedicated to creating a healthy, just, and sustainable way of life. He is the recipient of the Rachel Carson Award, the Albert Schweitzer Humanitarian Award, the Peace Abbey's Courage of Conscience Award, and lifetime achievement awards from groups including Green America. The widespread media attention he has received has included numerous appearances on national shows including Oprah, Donahue and Geraldo. When John spoke at the United Nations, he received a standing ovation.

John serves on the Boards of many non-profit groups working toward a thriving, just, and sustainable way of life. He is the Founder and Board Chair Emeritus of EarthSave International (earthsave.org), an organization dedicated to healthy food choices, preservation of the environment, and a more compassionate world.

John's life is dedicated to creating an environmentally sustainable, spiritually fulfilling and socially just human presence on this planet. He lives with his wife Deo, their son Ocean and his wife Michele, and their grandsons River and Bodhi in the hills outside Santa Cruz, California. The Robbins' offices and home run on solar electricity.

For information about John, for access to his articles and posts, or to sign up to be notified of his future posts and events, visit <http://www.johnrobbins.info>, or join the Food Revolution Network at <http://www.foodrevolution.org>

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标签

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决策

评论

Do something for ourselves and the world.

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书评

众所周知，中国是一个“尚食”的国家，民以食为天，华人开饭店，吃，几千年来都是我们维持生命和赖以生活的关键因素，然而今天我们惊骇的发现，我们不知道该吃什么了！当我们的菜篮子里和餐桌上的东西越来越丰盛，我们还没来得及大快朵颐多久，就得到这样一个现实，荷尔蒙、杀...

唉，前段时间我刚刚在家里对着4岁多的儿子宣布了：以后不能再吃果冻了！然后酸奶就是只能喝妈妈在家自己用酸奶机做的酸奶了！外面卖的老酸奶什么的也坚决不能买来了。然后又看到许多关于不甘寂寞的皮鞋要继续“红得发紫”的段子，最可气又可笑的莫过于这一个段子：“...

美国人根据现代科学研究资料得出的关于饮食健康的结论，与几千年前我们古老的中医智慧不谋而合。五谷杂粮、时令蔬果，足够我们健康快乐。没有肉蛋奶味精吃饭不香吗？饥饿是最好的调味剂。如果品尝不出粗茶淡饭的香味，说明我们的身体已经被油脂毒素阻塞了。而且，现在，这更关...

随着人们生活水平的不断提高，人们对于饮食的要求越来越关注，三聚氰胺、苏丹红咸蛋、双汇瘦肉精、染色馒头，这些食品安全事件，迫使我们办不得不睁大眼睛关注着我们吃进去的东西。《新世纪饮食》这本书的重点并非揭露这些事实，上面这些现象具有中国特色，非代表普遍现象。本...

江山/文

最近食品安全问题又被推到了风口浪尖，是国人的可悲还是商家的可恨，似乎我们也只能从国人的身体健康发出警报起才能加以重视。自觉与良心像是一把催化剂，有条不紊地改变着商家的观念，但前提就是要赚得钱满钵才可发现良心这种不管温饱的东西。扭曲的生产经营心态和不...

official website <http://www.johnrobbins.info/> Editorial Reviews Amazon.com In Diet for a New America, John Robbins, son of the founder of the Baskin-Robbins ice-cream empire, presents his theories about how an animal-based diet is killing Americans. Aband...

如何才能解决内向人群的这一困惑呢？就让我们共同一睹《零压力社交》这本社交工具书吧！鲜明的题目很明显地向我们展示着一种全新的社交能力。了解下作者的来历，我们可以深切地感触到零压力社交法的可行性。同样身为内向者的德沃拉·扎克作者真实地，言传身教地展现给我们她...

地球正在遭遇前有未有的毁灭，人类正在遭受越来越多的惩罚，当我们被越来越多的灾难信息所包围，你可否想到过，这其实，与你的个人饮食，竟然有着莫大的关联？我们需要吃肉，因为我们知道吃肉会让人强壮，我们需要喝奶，因为喝奶会让人补钙，我们需要吃蛋，因鸡蛋会让人增加蛋...

“你吃过饭了吗？”这是一句人所皆知的中国传统打招呼话语。简单地正如外国人寒暄的一句“今天天气真不错”一样。因此，很多的人基本都是把它作为日常中寒暄的一个寻常礼节而已。在平常的生活中，我们会随口说出，又随之忽略过滤了。但是，对于“吃”这个学问，我们新世纪的人...

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