



Ebook Directory
the best source of ebook

The book was found

Comfortably Unaware: What We Choose To Eat Is Killing Us And Our Planet



Synopsis

In *Comfortably Unaware*, Dr. Richard Oppenlander tackles the crucial issue of global depletion as it relates to food choice. We should all be committed, he tells us, to understanding the reality and consequences of our diet, the footprint it makes on our environment, and seek food products that are in the best interest of all living things. His forthright information and stark mental images are often disturbing-and that's how it should be. As the guardians of Planet Earth, we need to be shaken out of our complacency, to stop being comfortably unaware, and to understand the measures we must take to ensure the health and well-being of our planet-and of ourselves. Oppenlander

Book Information

Paperback: 200 pages

Publisher: Beaufort Books; 1 edition (November 13, 2012)

Language: English

ISBN-10: 0825306868

ISBN-13: 978-0825306860

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 65 customer reviews

Best Sellers Rank: #39,827 in Books (See Top 100 in Books) #27 in Books > Textbooks >

Science & Mathematics > Biology & Life Sciences > Ecology #52 in Books > Science & Math >

Earth Sciences > Climatology #65 in Books > Textbooks > Science & Mathematics >

Environmental Studies

Customer Reviews

"*Comfortably Unaware* explains, so clearly, how what we choose to eat has a direct impact on the health of Planet Earth: how modern agro-business and our thoughtless appetites are, quite literally, destroying the environment and the future of our children. I urge you to read it, to think about its message, discuss it with your friends--and start to change the world, one bite, one meal, one diet at a time." "As vegan diets gain popularity across the country for a way to improve health and the welfare of animals, it's no secret that the environmental effects of this diet can have a positive effect on our planet. *Comfortably Unaware* helps readers take a closer look at just this--how to heal the planet by changing what's on your plate. A health and environmental advocate for over 30 years, Dr. Oppenlander has long been inspiring change with his informative message. May his message inspire you." *Comfortably Unaware* by Dr. Richard A. Oppenlander is a great book for anyone who

wants to better understand the effect our eating habits have on the planet . . . If you care about our planet, and want to make a difference, this book is a must-read."

Dr. Oppenlander has devoted his life to improving the health of our planet. Since 1976, he has extensively studied the effect our food choices have on our health and their immense impact on our environment. He is also president and founder of a sustainable organic food production business. He has been a featured guest appearing on radio shows, in newspapers, and in magazines, and speaks around the country about Global Depletion--the loss of our resources, food supply, and our own health.

I readÂ Comfortably Unaware: What We Choose to Eat Is Killing Us and Our PlanetÂ within a few hours. It is a very awakening topic for everyone that cares about the environment, themselves and the future of our planet. I highly recommend it to anyone regardless of their level of awareness on the subject. This book will certainly add value to everyone's life.

I'm a physician and am WFPB initially for reasons of health for me, my family and my patients. Oppenlander's book persuasively argues that the killing of sentient beings is dehumanizing. But, most importantly the profound destruction of our planet directly due to raising and killing over 7 billion animals yearly is the MOST IMPORTANT issue of our time. He points to the irony of eating meat and other 'sustainably' raised animal products while driving a Prius. His book should be read by all progressive 'real food' advocates, who are just as much of the problem as imbibers of hormone infused fast food.

I am a serious conservationist and have a library on survival, respect and awareness of our beautiful blue planet. I highly recommend this book, specially for the young and more mature who are unaware of what is happening to us. It is quite repetitive, however, repetition is very necessary to nail it down into our hard heads.

Wonderful book on the devastating impact of animal agriculture on our planet earth. Easy read, so Insightful and spreads an immensely powerful message. I encourage everyone to read this.

Well written, takes a much bigger view that global depletion is proceeding at an alarming pace, with most of us quite comfortable unaware. The animal husbandry mega businesses are causing by far

most of the destruction. By simply making informed food choices, mostly or all whole plant based, we can all contribute significantly to the solution. Why wait until it's too late.

Very insightful and full of great relevant facts! Was inspired to read after seeing the author interviewed in the documentary film, Cowspiracy. This book is very informative and keeps its bias largely at bay while reinforcing the call to action, allowing the reader to form an opinion along the way.

If you even ever considered how bad eating animals might be, you MUST read this outstanding book. We share this earth with many, many creatures. It may NOT be best for us to eat each other. The earth will grow all we need to be healthy and active, AND good husbandmen/women. EAT VEGETABLES!

I was definitely a person stuck on eating meat not knowing what impact it was having on our environment. Would recommend reading! Changing to plant based diet!

[Download to continue reading...](#)

Comfortably Unaware: What We Choose to Eat Is Killing Us and Our Planet
Angel Unaware: A Touching Story of Love and Loss
Earth Unaware (The First Formic War)
Earth Unaware (First Formic War)
Angel Unaware
Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide)
Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Out at Home: A Choose Your Path Baseball Book (Choose to Win) Pirate Treasure of the Onyx Dragon (Choose Your Own Adventure #37) (Choose Your Own Adventure (Paperback/Revised)) Dino Lab (Choose Your Own Adventure - Dragonlarks) (Choose Your Own Adventures Dragonlarks) Ghost Island (Choose Your Own Adventure - Dragonlark) (Choose Your Own Adventure. Dragonlarks) Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health Diet For A Dead Planet: How The Food Industry Is Killing Us Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It The Cult of the Amateur: How Today's Internet Is Killing Our Culture Lonely Planet the Gambia & Senegal (Lonely Planet the Gambia and Senegal, 1st ed) (Lonely Planet the Big Trip: Your Ultimate Guide to Gap Years & Overseas Adventures) The Story of Stuff: The Impact of

Overconsumption on the Planet, Our Communities, and Our Health-And How We Can Make It Better
The Madhouse Effect: How Climate Change Denial Is Threatening Our Planet, Destroying Our Politics, and Driving Us Crazy
Who Rules the Earth?: How Social Rules Shape Our Planet and Our Lives

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)