

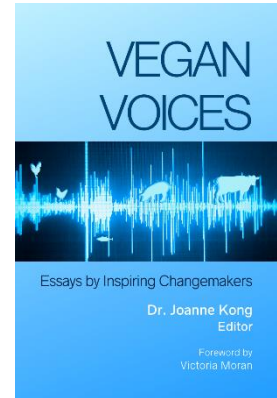


OUR VEGAN VOICES ARE CHANGING THE WORLD!

A Message from Dr. Joanne Kong

Editor

***Vegan Voices: Essays by Inspiring
Changemakers***



In reflecting upon the past couple years, certainly we think of the challenges of the COVID-19 pandemic and how it turned our lives upside down. In moving beyond this crisis, we need to see the virus as an inflection point of enormous consequence, a direct sign that humans *must* move away from the exploitation of animals. Many of the ways in which we produce food have simply become unsustainable and are a growing threat to global health.

In light of the increasing damage of animal agriculture to our health, the planet and our identities as innately compassionate beings, we need to embrace a new future of food, driven by our sense of innovation and purpose. And for that new world to be possible, the most powerful choice we can make is to GO VEGAN!

Indeed, every individual's choices, actions and feelings *do* make a difference. Our food choices are not simply about diet. It goes beyond health. It's about recognizing the thread of life energy that connects us to all other living beings and the natural world that is our home. It's about creating the possibilities for a world that is kinder and that doesn't exploit our kindred animals or our precious resources.

In reflecting upon how veganism touches upon so many diverse, critical aspects of our lives, I embarked on a book project to show that veganism is a philosophy, a way of life, and a journey that is unique to every individual.

I am honored that two of the *Vegan Voices* writers are from Oregon in the Northwest United States—**Janice Stanger, PhD**, author of *The Perfect Formula Diet*, and **Lin Silvan**, founder and director of the **Eugene Veg Education Network (EVEN)**. Eugene, where I did my graduate work at the University of Oregon, holds many special memories for me. I'm so grateful I had the opportunity to give a presentation for **EVEN** in 2018, and spend time with these two amazing vegan advocates in 2020, shortly before the pandemic hit. Here, **Janice** and **Lin** share thoughts about their contributions to the book.

Janice Stanger, PhD:



“One of the most satisfying aspects of *Vegan Voices* is the diversity of contributing authors, which imbues this book with a richness of styles, information, and experiences. As an example, my chapter, “**Adventures in Myth-Busting**,” showcases some of the most important lessons in nutrition and health that I’ve researched over the last couple of decades. You can learn so much, even from this one chapter, on why a hyper-focus on consuming protein is not just unnecessary, but also often harmful. You may see some of your most treasured nutrition myths go up in smoke, freeing you to make healthier food choices. No matter what your background, no matter why you are interested in hearing vegan voices, you will find much in this book that is educational, inspiring, and just plain fun and interesting.”

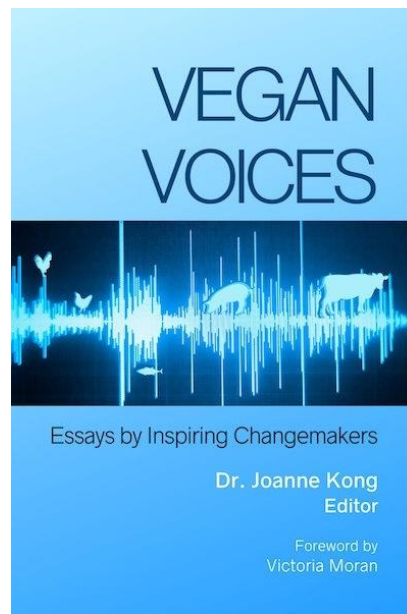
Lin Silvan:

Choice and Impact! Comprehend the power inherent in compassion, and watch new worlds emerge.

“Life affords many joys! One of the best joys is discovering that we all own an inner strength to change directions and revitalize our lives whenever we want. It is most exciting to do this when we have just learned something new! My essay in *Vegan Voices*, “**Beyond Joy,**” reminds us how hindsight provides 20/20 clarity, and how it is massively influential in shaping our future decisions. If we have a deeply-rooted sense of compassion and can see it from the animal’s point of view, an invaluable transformation occurs. *Vegan Voices* is a moving compilation of joyful ideas from informed people whose insights and varied experiences offer all of us new perspectives. This book will supercharge you to get your “vegan on.”



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Order Your Book

Here: <https://lanternpm.org/books/vegan-voices/>

[eBook also available]

What Others Are Saying About *Vegan Voices!*

“**Vegan Voices** brings you the thoughts and experiences of the visionaries who have built this powerful movement. From ethics and activism to aesthetics and economics, it looks at all sides, charting an optimistic way forward for humans and for all the other animals with whom we share the planet.”—**Neal D. Barnard**, MD, FACC, President, Physicians Committee for Responsible Medicine, Washington, DC

“As a vegan for forty-seven years, I appreciate **Vegan Voices** as a delightful and well-rounded holistic approach to Veganism as a way of life as well as eating. I fully recommend this book to all levels of vegan readers. It points to Veganism as a way to sanctify our eating. In each generation, we are given the medicine for healing that generation. Veganism is the medicine for healing this generation and also future generations. **Vegan Voices** gives a wonderful understanding of the vegan approach and understanding of life.”—**Rabbi Gabriel Cousens**, MD, MD(H)

“There are as many reasons to be vegan as there are vegans, as this lovely anthology makes clear. So many of my heroes in one place—what a treat. Read it and be inspired.”—**Bruce Friedrich**, Co-founder & Executive Director, The Good Food Institute

“If we are to have any hope of healing our damaged planet, it is clear that we must first rethink our relationship with animals. As **Vegan Voices** eloquently describes, for too long we’ve regarded the sentient beings with whom we share the world as mere things—commodities to be used for food, clothing, research, and entertainment. This is an important book that will serve as a call to action for every consumer to seriously consider the consequences of their dietary choices. **Vegan Voices** demonstrates that being vegan truly is a matter of life and death, and each one of us can make a difference.”—**Mark Hawthorne**, author of *A Vegan Ethic: Embracing a Life of Kindness Toward All*

“Reading **Vegan Voices**, I found it fascinating to discover how others became enlightened, whether through their own observation, being taught by others, or through our subconscious with our “mirror neurons” allowing empathy to not judge and misjudge other species. The variety of backgrounds presented here illustrates how we all can come together regardless of where we start. From philosophy professors to bodybuilders, it works for all! A ‘Must Read!’” —**Ruth E. Heidrich**, PhD, author of *A Race for Life and Senior Fitness*

“**Vegan Voices** is a wonderful testament to the inspiring individuals around the world who are part of a growing paradigm shift towards more compassionate living.” —**Sebastian Joy**, Founding President of ProVeg International

“This inspiring collection of essays presents the plight of animals and the activism in many forms meant to redeem our species by following an approach of live and let live. The volume seeks all attention from the ideal reader who with open heart and mind listens to the reasonable and passionate narrative experience of writers trying to convey the songs, the cries, and interests of our fellow animal friends from all different species.” —**Anita Krajnc**, Founder, Animal Save Movement

“The beauty of this book is the self-realization that we ALL are inspiring changemakers!” —**Keegan Kuhn**, Co-director of *What The Health* and *Cowspiracy*

“Would you like to be radiant and vibrantly healthy? Do you want to experience vitality and joy throughout all your years? Would it matter to you if the most important steps you can take towards a long and healthy life, also brought more compassion into the world, and also helped preserve our endangered ecosystems? That may sound fanciful, like it’s too good to be true. But it isn’t. It’s the literal truth, as the essays in this book will show you with crystal clarity.” —**John Robbins**, best-selling author, and President of Food Revolution Network

“Animals have voices, but humans don’t speak their languages—so vegan voices speak for them. And this book allows everyone to tune in.” —**Ingrid Newkirk**, President and Founder of People for the Ethical Treatment of Animals (PETA)

“A beautifully inspiring and informative read for everyone who cares about animals. Dr. Joanne Kong has compiled an invaluable resource with unique experiences and wisdom from advocates across the globe, tapping into a broad range of topics. This just may be the inspiration that will spark your life’s passion and ignite your sense of purpose in changing the world for the better.”—**Jen Riley**, Director of Operations at Our Hen House

“Being vegan goes beyond what is at the end of your fork. As the accomplished authors of these inspiring essays illuminate, it also encompasses health, spirituality, environmentalism, compassion, kindness, and activism, coupled with a vital sense of unity, purpose, and consistency.”—**Jo Stepaniak**, MEd, author of numerous groundbreaking books on vegan cuisine, health, and compassionate living

“This book offers inspiring insights into how animal activists became who they are. Discerning the most successful strategies for their vegan advocacy, the individuals in this book show that through a redirection of our personal and professional lives, we can create a world that works for all beings!”—**Veda Stram**, All-Creatures.org

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