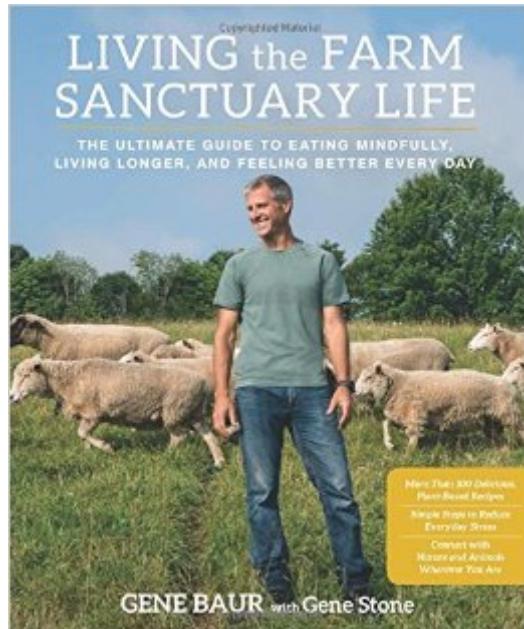


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# Living The Farm Sanctuary Life: The Ultimate Guide To Eating Mindfully, Living Longer, And Feeling Better Every Day



## Synopsis

Winner of a Books for a Better Life award! Gene Baur, the cofounder and president of Farm Sanctuary, the nation's leading farm animal protection organization, knows that the key to happiness lies in aligning your beliefs with your actions. In this definitive vegan and animal-friendly lifestyle guide, he and Gene Stone, author of Forks Over Knives, explore the deeply transformative experience of visiting the sanctuary and its profound effects on people's lives. The book covers the basic tenets of Farm Sanctuary life—such as eating in harmony with your values, connecting with nature wherever you are, and reducing stress—and offers readers simple ways to incorporate these principles into their lives. Living the Farm Sanctuary Life also teaches readers how to cook and eat the Farm Sanctuary way, with 100 extraordinarily delicious recipes selected by some of the organization's greatest fans—chefs and celebrities such as Chef AJ, Chloe Coscarelli, Emily Deschanel, and Moby. Coupled with heartwarming stories of the animals that Farm Sanctuary has saved over the years, as well as advice and ideas from some of the organization's biggest supporters, Living the Farm Sanctuary Life is an inspiring, practical book for readers looking to improve their whole lives and the lives of those around them—both two- and four-legged.

## Book Information

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## Customer Reviews

I am a vegan and thought this would be another preaching to the crowd book. It's not. It's much better than that. Sometimes we do what we do because we just feel in our hearts that it's the right thing to do. The Genes help up clarify and quantify the why and lay down 5 Tenets that, if nothing

else, one might pose to our carnivore friends to give some thought to. I mean, how clearly is it when Tenet 1 is simply "Live and Eat in Alignment with your Values." Think. Do you? If not then you should go down your list of excuses and eliminate them one by one. Really, that is what this is all about. Living in line with your values. Of course there are beautiful pictures of the residents of Farm Sanctuary, one would expect that from the Father of the Sanctuary Movement, but the jewel is in the second half of the book. As Mariann Sullivan of Our Hen House says, "We will get them with our food." The second half of the book is filled with recipes from world renowned chefs, celebs, and just people who are involved in the vegan food movement. What I particularly love about the recipe section is that it IS about the food and the philosophy is left in the front half of the book. I LOOOOOVE meat analogues, substitutes, replacements or whatever you want to call them. And sometimes I love to eat just whole foods but can't stand the thought of an ordinary salad or steamed veggies. There are recipes from some of my favorite restaurants, (Sublime, Darbster, 3 Brothers, Cinnamon Snail), and from some of my favorite companies, (Tofurky, Beyond Meat, Hampton Creek), using every product under the sun and then there is a salad from Victoria Moran, plain, simple, yet with a simple twist for those who can't cook outside the box.

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