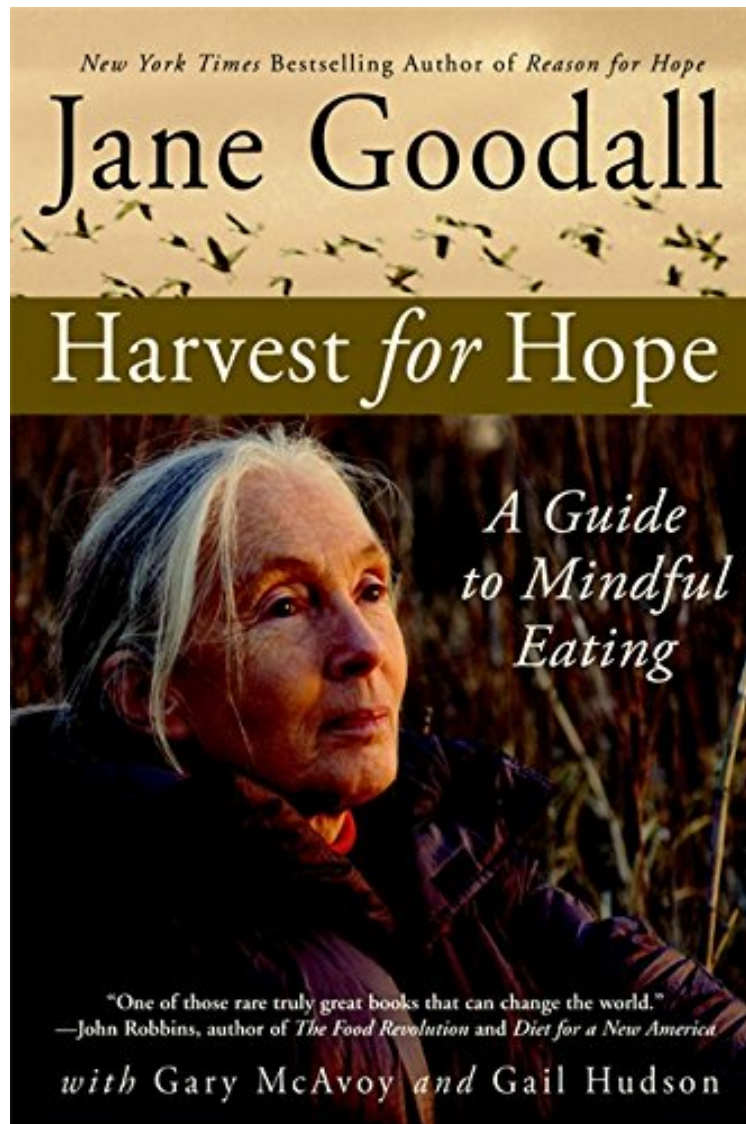


[Free] Harvest for Hope: A Guide to Mindful Eating

Harvest for Hope: A Guide to Mindful Eating

Jane Goodall, Gary McAvoy, Gail Hudson
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#533916 in Books Jane Goodall 2006-09-14Original language:EnglishPDF # 1 9.00 x .88 x 6.00l, .88 #File Name: 0446698210320 pagesHarvest for Hope A Guide to Mindful Eating | File size: 56.Mb

Jane Goodall, Gary McAvoy, Gail Hudson : Harvest for Hope: A Guide to Mindful Eating before purchasing it in order to gage whether or not it would be worth my time, and all praised Harvest for Hope: A Guide to Mindful Eating:

1 of 1 people found the following review helpful. A phenomenal eye opener from a highly intelligent, well-respected, and credible source.By JessicaOur poor eating habits are hard to correct when corn syrup is in almost all of our foods, GMO corn is in almost all of the crops within the United States, and all of our water sources are being polluted.Dr.

Jane Goodall explains the issues in easy to understand terms, and offers plenty of guidance to make better, more educated and mindful decisions on where, and what we eat and drink. By following her instructions, we are promising our families healthier and longer lives. For all of the information included, Harvest for Hope is relatively short and undemanding. I recommend this book to everyone. Dr. Jane Goodall does a great job in increasing my awareness of many issues I was not yet made aware. Harvest for Hope is a must read for anyone interested in how their health is being affected by our food and water. For my full summary and highlighted spoilers check out: www.travelanimaldr.com/harvest-for-hope/ 0 of 0 people found the following review helpful. Please read this book. By How About That! Talks about all aspects of food and prospects for the future. Great book. 1 of 1 people found the following review helpful. I love Jane Goodall and her kindness for all living beings ... By TNT If you are interested in how your way to eat cause a positive (or negative) impact not only in your health but in your town, ecosystem, ethic, care of animals and wild life, THIS is your book. I love Jane Goodall and her kindness for all living beings and how she explains the way the good things are connected and interrelated. She pushes you while you read her book to make a difference improving a little more the world. Thank you, Jane.

The renowned scientist who fundamentally changed the way we view primates and our relationship with the animal kingdom now turns her attention to an incredibly important and deeply personal issue-taking a stand for a more sustainable world. In this provocative and encouraging book, Jane Goodall sounds a clarion call to Western society, urging us to take a hard look at the food we produce and consume-and showing us how easy it is to create positive change. Offering her hopeful, but stirring vision, Goodall argues convincingly that each individual can make a difference. She offers simple strategies each of us can employ to foster a sustainable society. Brilliant, empowering, and irrepressibly optimistic, HARVEST FOR HOPE is one of the most crucial works of our age. If we follow Goodall's sound advice, we just might save ourselves before it's too late.

.com World-renowned scientist and conservationist Jane Goodall earned her fame by studying chimpanzee feeding habits. But in Harvest for Hope, she scrutinizes human eating behaviors, and the colossal food industries that force-feed some cultures' self-destructive habits for mass consumption. It's an unsustainable lifestyle that Goodall argues must change immediately, beginning--not ironically--at a grassroots level. Looping personal anecdotes from 40 years of global travels with stories from noble farmer Davids and corporate Goliaths, Goodall methodically builds her case for shopping organic and living modestly. Mustering a tender gumption, she details the vicious cycle of pesticide-ridden and genetically engineered crops which feed the unknowing majority of consumers; and also feed the antibiotic-treated animals that provide these folks with inexpensive entrees. Leaving nasty slaughterhouse scenes to less tactful pens, Goodall focuses more on the product of "factory farming" techniques: mountains of waste, nutritionally depleted soil, polluted water, displaced organic farmers, and severely compromised food. Hope springs from positive sources: Edible Schoolyard programs in the U.K. and U.S., parents breaking their schools' "unholy alliance" with fast food chains and soft drink companies, a steady rise in organic purchases. Goodall offers many suggestions for rallying others, exercising one's own consumer powers, and just plain eating less meat. Conservationists might say this information is nothing new, which might explain why Goodall provides only tertiary references to her many statistics and facts. But for those who prefer that their own eating habits be stirred--not shaken--into question, the kindly Chimpanzee Lady provides the gentle touch required. --Liane Thomas From Publishers Weekly Goodall, best known for her decades of work with chimpanzees and baboons, turns to the social significance of the food people eat and of how it reaches our tables. In a style that's both persuasive and Pollyannaish, her guide glides through a quick history of early agriculture, despairs of "death by monoculture" (single-crop farming), warns of the hazards of genetically modified foods and of the disappearance of seed diversity, and bemoans the existence of inhumane animal factories and unclean fish farms the macro concerns of the environmentally conscious. On a more micro level, she focuses on what individuals can do for themselves. In a grab bag of well-intentioned bromides, Goodall counsels her readers to become vegetarians, celebrates restaurants and grocery stores that seek out locally grown produce, frets about the quality of school lunches and the pervasiveness of fast food fueled obesity, honors small farmers and warns of a looming water crisis. Most chapters conclude with "what you can do" sections: demand that modified foods be labeled; turn off the tap while brushing your teeth. This book about making healthy choices breaks no new ground, but its jargon-free and anecdote-rich approach makes it a useful primer for grassroots activists, while the Goodall imprimatur could broaden its reach. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "Consider this book the shopping list for you and your children's future." -- Paul Hawken, author of ECOLOGY OF COMMERCE "HARVEST FOR HOPE is one of those rare, truly great books that can change the world." -- John Robbins, author of THE FOOD REVOLUTION and DIET FOR A NEW AMERICA