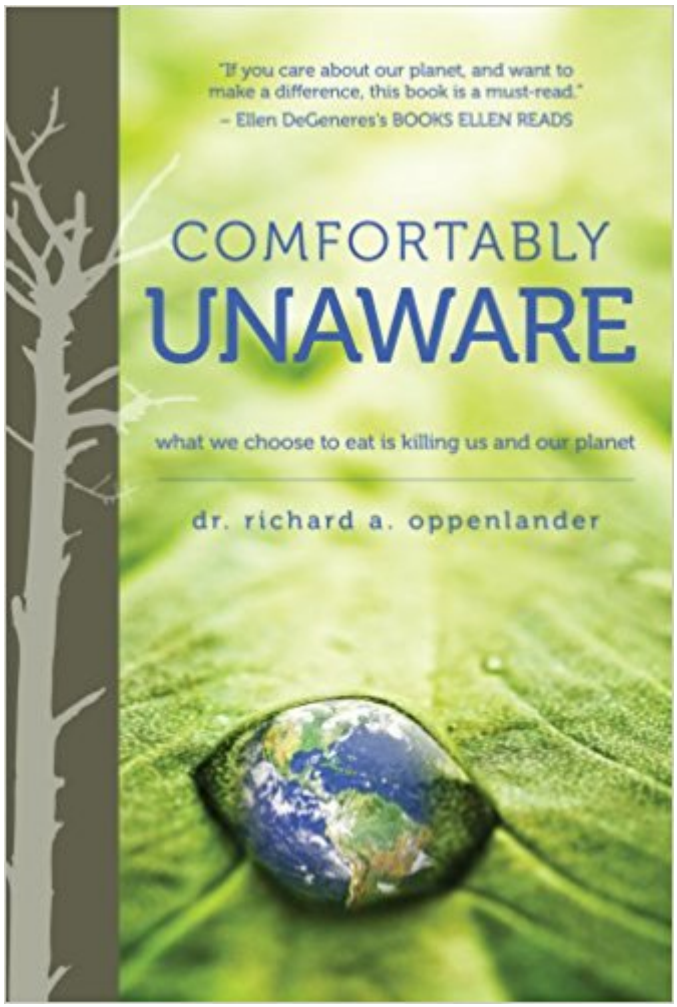
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Comfortably Unaware: What We Choose To Eat Is Killing Us And Our Planet



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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

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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 readÃ Â Comfortably Unaware: What We Choose to Eat Is Killing Us and Our PlanetÃ Â 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 thisoutstanding book. We share this earth with many, many creatures. It may NOT be bestfor us to eat each other. The earth will grow all we need to be healthy and active, ANDgood 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!

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