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Veganomics: The Surprising Science on What Motivates Vegetarians, from the Breakfast Table to the Bedroom

"Filled with hard science and fascinating insights. ... 'Think of it as a headquarters of vital information.' -Kathy Freston, New York Times Bestselling Author of Quantum Wellness and The Lean The Surprising Science on What Motivates Vegetarians, from the Breakfast Table to the Bedroom NICK COONEY Author of Change of Heart

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Table to the Bedroom:

5 of 5 review helpful Mixed By Chandra Gosh I found the first 3 4 rather discouraging 75 recidivism rate for vegetarians Yikes I also don t agree with the statement that vegetarians cause slightly more harm to animals than vegans Egg laying hens and dairy cows are horrifically abused and vegetarians support that The last 1 4 of the book was better when it gave advice about effective advocacy 11 of 12 Flip through a magazine turn on the TV or browse around online and it quickly becomes clear vegetarian eating is on the rise But just who are vegetarians How do they make the transition And what really drives them to take the meat off their plates Vegetarians differ from omnivores not just in their eating habits but also in their psychology personalities friendship choices even their sex lives Extensive studies from around the world show that they Cooney s book is filled with hard science and fascinating insights but most of all it builds a firm foundation from which the vegan movement can chart its course Kathy Freston New York Times Bestselling Author of The LeanVeganomics offers a fa

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