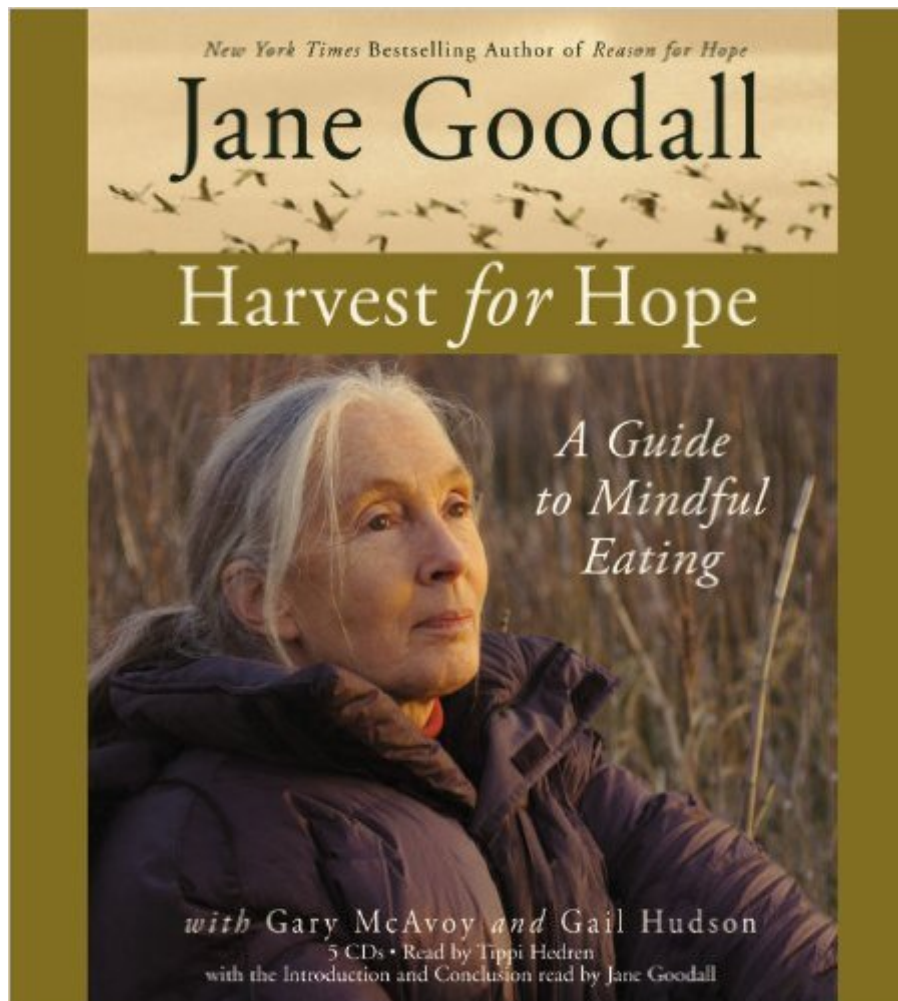


The book was found

Harvest For Hope: A Guide To Mindful Eating



Synopsis

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

Book Information

Audio CD

Publisher: Hachette Audio; Abridged edition (November 1, 2005)

Language: English

ISBN-10: 1594830940

ISBN-13: 978-1594830945

Product Dimensions: 5.2 x 0.9 x 5.8 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (73 customer reviews)

Best Sellers Rank: #691,714 in Books (See Top 100 in Books) #35 in [Books > Books on CD >](#)

[Cooking, Food & Wine](#) #350 in [Books > Books on CD > Health, Mind & Body > General](#) #812

in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

Customer Reviews

Having been raised in the "heartland" -- that would be the Midwest, in farming country -- over the years I have grown increasingly dismayed at what has become of both our farms and our food. I LOVE great food -- but the "real thing" has become harder and harder to find over the years. The relationship between what we eat and how we live has changed so much that now, we are as a society paying a very steep price with our health -- and sometimes our lives. "Fast food" -- and the convenience of packaged, processed foods -- turns out to be WAY more expensive than we think! It doesn't have to be this way. Jane Goodall presents one of the most impassioned and well-reasoned arguments for how to get back to a sane and healthier way to live. It is precisely because the problems have become so rampant and seemingly overwhelming, that it can be easy to feel that nothing can be done. Big business and corporations (which is what mega-farms and agribusiness has become) are huge -- and hard to fight. But as Goodall points out, one need not actually fight -- it's as easy as the choices you make daily. And everyone has to do that anyway. How many school children (or now adults, for that matter) know where the food you eat comes from? What does it look like, when it's growing in the earth? What does the animal look like and live like, that becomes the meat you eat? We have -- with the help of agribusinesses -- gotten disconnected from the source. And this is not a good thing! Goodall shows us the path back to the source of our food -- and our health -- and a future that really is sustainable.

[Download to continue reading...](#)

Harvest for Hope: A Guide to Mindful Eating Savor: Mindful Eating, Mindful Life The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food (Includes CD) Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion, and Feeding Disorders The Joy of Eating Well: A Practical Guide to- Transform Your Relationship with Food- Overcome Emotional Eating- Achieve Lasting Results What's Eating You?: A Workbook for Teens with Anorexia, Bulimia, and other Eating Disorders Understanding Recovery from Eating Disorders (Teen Eating Disorder Prevention Book) Binge Eating Cure: Cure Binge Eating with Intermittent Fasting Violins of Hope: Violins of the Holocaust--Instruments of Hope and Liberation in Mankind's Darkest Hour Hope For Fitzwilliam (Hope Series Trilogy Book 2) Birds: An Adult Coloring Book: Over 30 Fun Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful meditation coloring book, bird

guide natural world coloring book Birds: An Adult Coloring Book: Travel Edition Size, Over 30 Fun
Stress Relieving Illustrations of Birds, #1 Book For Your Inner Artist, mindful ... book, bird guide
natural world coloring book Mindful Therapy: A Guide for Therapists and Helping Professionals
Artful Color, Mindful Knits: The Definitive Guide to Working with Hand-dyed Yarn Mindful Teaching
and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything The Mindful Mom-To-Be: A
Modern Doula's Guide to Building a Healthy Foundation from Pregnancy Through Birth Mindful
Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive
Preparing Fish & Wild Game: The Complete Photo Guide to Cleaning and Cooking Your Wild
Harvest

[Dmca](#)