



# The Compassionate Diet: How What You Eat Can Change Your Life and Save the Planet

*Arran Stephens, Eliot Jay Rosen*

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What can we do to allay global warming, contend with world hunger, be healthier, and live longer? In *The Compassionate Diet*, Nature's Path founder and CEO Arran Stephens, who has been at the leading edge of the organic food movement for decades and a vegetarian his entire adult life, answers these complex questions in the simplest terms: Eat vegetarian.

A balanced and natural vegetarian diet is neither a fad nor a passing trend. It has been part of many cultures over untold millennia. *The Compassionate Diet* distills the history, philosophy, and core benefits of eschewing meat.

A sense of compassion and humanity has animated Stephens's life's work, and it drives this book. The vegetarian lifestyle has innumerable benefits, but for Stephens, eating a plant-based diet is first and foremost an expression of compassion for animals, for ourselves, and for the planet. This elegant and completely approachable book is a beautiful guide that illustrates the rich gifts that compassion yields.

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