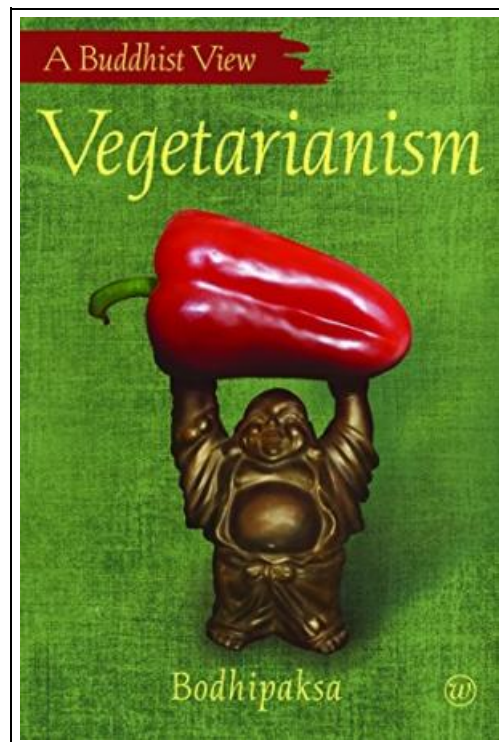


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Reviews

It is one of the best books. Better than ever, though I am quite late in starting to read this one. You won't feel monotony at any moment of the time (that's what catalogues are for regarding in the event you check with me).
(Dr. Kristin Dickens)

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Windhorse Publications, United Kingdom, 2010. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. How does what we eat affect us and our world? Is there a connection between vegetarianism and living a spiritual life? Doesn't HH the Dalai Lama eat meat? A trained vet, respected teacher and happy vegan, Bodhipaksa answers all of these questions and more. Tackling issues such as genetically modified vegetables and modern ways of producing food he dispels widespread myths and reflects upon the diets dominant in the contemporary West. In comparison, he considers the diets of wandering monks in Ancient India and the diet of the Buddha himself. By considering why people eat meat and relating this to Buddhist ethics he explores habits and the possibility of change. He takes a positive view of the benefits of vegetarianism, and shows practically, how to maintain a healthy and balanced vegan or vegetarian lifestyle. This exploration shows how a meat-free life can not only lighten the body but also the soul.

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