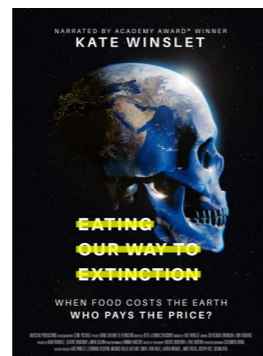


REVIEWS

Eating Our Way to Extinction, documentary
review by Michael Nyanumba



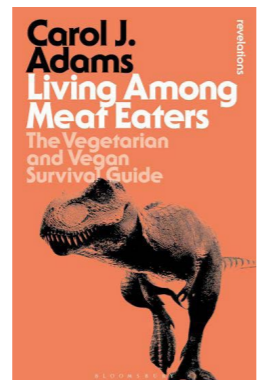
Eating Our Way to Extinction is a powerful new documentary that explores the dire consequences of our food choices. The film follows several experts in the field as they explore the environmental, health and ethical implications of our current food system. Through vivid visuals and thought-provoking interviews, it paints a sobering picture of the future of our planet and our relationship with food.

Those interviewed include Dr Sylvia Earle, a former chief scientist at the National Oceanic and Atmospheric Administration and Sir Richard Branson, founder and chairperson of the Virgin Group. These additions, among others, provide valuable insights into the environmental impacts of animal agriculture. The film also goes further, to showcase compelling stories from people whose lives have been affected by the growing demand for meat.

The use of creative visuals makes complex concepts easier to understand. Some graphic footage of animal farms is also included – something which may be distressing for vegans to watch. However, it's a great film for vegans to recommend to others due to its informative content and solutions-focused approach. An intersectional tone shows how various issues are linked together and have compounded impacts.

By presenting the facts without fearmongering or sensationalising, the film encourages us to take action by changing our eating habits, supporting sustainable farming practices and reducing our impact on the environment. Ultimately, it serves as an urgent call to action for us to take a stand and make better decisions when it comes to what we eat. By demonstrating the devastating effects of our food choices, *Eating Our Way to Extinction* is sure to spark conversations and inspire change.

Living Among Meat Eaters by Carol J Adams, reviewed by Olga Alexandru



Part of Bloomsbury's new Revelations series, which brings together non-fiction books that inspired new ways of thinking, *Living Among Meat Eaters* by Carol J Adams is a practical yet philosophical treatise on how to survive as a vegan in a non-vegan world.

Adams, who has been vegan since the 1970s, wants us to avoid her missteps in interacting with non-vegans. As vegans we are used to

having "the vegan conversation" with (sometimes) well-meaning family and friends; we are used to answering all of their questions and detailing our reasons for choosing veganism. This is where we've gone wrong, Adams says; in fact, non-engagement is the best tool.

Adams lays out the psychology of meat eaters (who she refers to as 'blocked vegans'), describes why they are blocked, what their fears are and what they are thinking and feeling when they argue with us. She highlights the fact that they have an internal crisis and arguing with us is actually a strategy to distract from their own moral dilemmas.

The tone is meditative and mindful, almost Buddhist in its approach to non-engagement and detachment. Adams offers practical guidelines for talking to meat eaters and strategies for being in a mixed-diet relationship, raising vegan children and dining and working with non-vegans.

Originally published in 2001, this updated version provides a chapter on being vegan in online spaces as well as Adams' favourite recipes from breakfast to dessert.

Vegans reading this will feel enlightened, frustrated and angry at the ways in which meat eating is embedded into every aspect of our culture and lives; ultimately, they will feel understood like never before. This book answers the question of how we, as vegans, can be at peace in a world that is not designed for us.

The impact of animal farming on the natural world is highlighted in Eating Our Way to Extinction



Eating Our Way to Extinction shows the reality of fish farms