



The Sustainability Secret: Rethinking Our Diet to Transform the World

Keegan Kuhn , Kip Andersen , Chris Hedges

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The 2014 groundbreaking documentary *Cowspiracy* presents shocking truths about the effects of animal agriculture on the planet. One of the leading causes of deforestation, rainforest destruction, greenhouse gas production, water consumption and pollution, habitat loss, species extinction, ocean dead-zones, topsoil erosion, and a host of other environmental ills, animal agriculture is the biggest issue facing the planet today and one of environmentalism's best-kept secrets.

Filled with anecdotes, interviews with the filmmakers and contributors, unabridged transcripts from the film, material that was too inflammatory to include, extensive reading lists, and with all claims ground firmly in supporting facts and science, this companion book supplements and expands upon the documentary in every way, and an introduction by Pulitzer Prize-winning journalist Chris Hedges sets the investigative tone of the book. With all this and more, *The Sustainability Secret* reveals the absolutely devastating environmental impact raising animals for food has on our planet, and offers a path to global sustainability for a growing population.

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The Sustainability Secret: Rethinking Our Diet to Transform the World Details

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From Reader Review The Sustainability Secret: Rethinking Our Diet to Transform the World for online ebook

Tiffany Guthrie says

I believe everyone, from kids in school to adults, should read this book. It is very informative, and packed full of information that everyone should be aware of.

Jeffrey Cohan says

If you liked the documentary “Cowspiracy,” and you like to read, then you will like this book.

That’s a pretty safe statement, because “The Sustainability Secret” is “Cowspiracy” in book form, nothing less and only slightly more.

In the format of a book, our friends Kip and Keegan could have delved a lot deeper into the subject matter, but at a mere 165 pages, they didn’t venture much beyond their truly excellent film.

But that’s OK. The facts and statistics about animal agriculture and the environmental degradation it causes are easier to digest in book form. And, in the book, they convey the same level of justified outrage about the effect that the meat, dairy and egg industries are having on our planet, on animals and on public health.

Besides all that, you just have to love the “Mad Cowboy” Howard Lyman, who takes a star turn in “Cowspiracy” and appears a few times in the book.

My advice, for what it’s worth: Give a copy of the “The Sustainability Secret” to any book-loving environmentalists who are still consuming animal products.

Kit says

If you're interested in environmentalism and/or animal rights, then this is the book to read. I was a vegetarian for over twenty-five years before becoming a vegan some six years ago. During this time I've read many books on animal rights and several on environmental issues by organisations and people who, I thought, knew what they were talking about. However, it wasn't until I read, "Cowspiracy" did I realise not only how wrong most of them were, but also how little I actually knew!

Jane Brewer says

So I read this/watched the documentary and am not sure what to say. The documentary is good but the visuals in the book really help. The information is disturbing. In a way, I'm sorry I know this information because it makes me responsible now. What to do...what to do?

I won this through a Goodreads giveaway.

Gino says

A very informational book. Already being a vegan and animal rights activist I already knew quite a bit of the information in the book. But there is a lot of info that supplemented what I knew and helped me gain a better understanding of what's going on with factory farming and all the other animal food industries. This is a great book for anyone who really wants to know about factory farming and what goes into producing meat and dairy.

Nikki Balzer says

Confronting. Its increased my 'to read' list by quite a few books. Would like to read a book with Australian information.

Susan says

This amazing research project into food agriculture reads like a whodunnit and I want to know how it ends. Was left wanting more after the last page. But maybe we can't really face how it will end!

Jason says

I am off the fish and dairy. guess I am vegan now.

Mike He says

Cowspiracy is a must-read for those who can't live without animal meat for a meal. Hats off to authors Kip Andersen and Keegan Kuhn for courageously and assiduously exposing, based on convincing facts, of what seems to be the No.1 culprit of global warming climate change.

Sophia says

ALL. THE. YES.

'Cowspiracy' has the perfect amount of complexity & information, storytelling & personal touch as well as a solid base of research. It's different from my beloved 'Eating animals', but it's so worth reading. In fact I believe it's THE book to read if you wanna know about the sustainability of different diets & all the environmental effects they have. It's also a really nice addition to the documentary.

I'm actually making this my new staff pick at work, so EVERYONE WILL KNOWWWWW.

Carlynn says

I am not being overdramatic when I say this book changed my life. There is no going back to my old ways after having read The Sustainability Secret - I have learned things I cannot unlearn, I have finally decided to care about the broken aspects of this world I previously tried to ignore, and through learning and caring I have been inspired to do something about my new understanding and knowledge of the way our world works. My childhood was spent on farmlands, eating animals and animal products with each and every meal (and even in between meals), and I spent countless hours in the woods hunting for meat. Now, however, I am a strict vegetarian, and I am progressing towards veganism with each new meal.

This book can quite literally save the world if enough people decided to read it, learn from it, care about the issues it addresses, and to react to those issues accordingly. The journey I was taken on as I learned these lessons was probably one of the most influential experiences of my life. I highly recommend this book to anyone and everyone who is willing to listen, learn, and act.
