

THE VEGETARIAN MYTH

Food, Justice, and Sustainability

Lierre Keith

We've been told that a vegetarian diet can feed the hungry, honor the animals, and save the planet. Lierre Keith believed in that plant-based diet and spent twenty years as a vegan. But in *The Vegetarian Myth*, she argues that we've been led astray—not by our longings for a just and sustainable world, but by our ignorance.

The truth is that agriculture is a relentless assault against the planet, and more of the same won't save us. In service to annual grains, humans have devastated prairies and forests, driven countless species extinct, altered the climate, and destroyed the topsoil—the basis of life itself. Keith argues that if we are to save this planet, our food must be an act of profound and abiding repair: it must come from inside living communities, not be imposed across them.

Part memoir, part nutritional primer, and part political manifesto, *The Vegetarian Myth* will challenge everything you thought you knew about food politics.

ABOUT THE AUTHOR

Lierre Keith is a writer, small farmer, and radical feminist activist. She is the author of two novels and is currently co-writing a book with Derrick Jensen and Aric McBay about strategy for the environmental movement. She splits her time between Northampton, MA and Humboldt, CA.

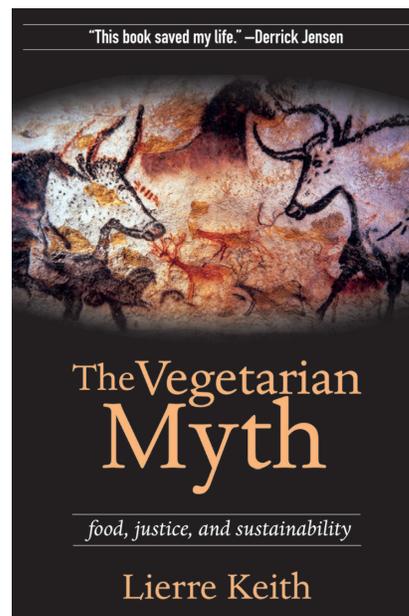
ACCOLADES

"This book saved my life. Not only does *The Vegetarian Myth* make clear how we should be eating, but also how the dominant food system is killing the planet. This necessary book challenges many of the destructive myths we live by and offers us a way back into our bodies, and back into the fight to save the planet."—Derrick Jensen, author of *Endgame* and *A Language Older Than Words*



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