

SOCIAL IMPACTS: EDUCATION RESOURCES

Below: A compilation of educational materials, produced by different organizations, with emphasis on the connection between our food choices and our global social conditions. Underlined items are hyperlinked to web sites. *Asterisked items do not directly address veganism, but offer interesting insights into some issues relevant to vegan lifestyle.

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ADVOCACY TIPS

1. [Advocacy Essays and Articles](#) Vegan Outreach
2. [Animal Rights Activist Strategies](#) All Creatures Org (web portal)
3. [Earthling Ed](#)
4. [Effective Activism](#) United Poultry Concerns
5. [Effective Animal Advocacy](#) Will Tuttle PhD
6. [PETA's Guide to Becoming an Activist](#)
7. [Plants Have Feelings Too](#) Will Tuttle PhD
8. [Six Paramitas](#) Will Tuttle PhD
9. [Stress, Empathy, and Compassion Fatigue in the Animal Protection Movement](#) Janice Cox
10. [Vegan Advocacy Booklet](#) Vegan Outreach
11. [Veganism: Our Journey, Not Our Destination](#) Will Tuttle PhD
12. [Vegans Relating to Non-Vegans](#) Melanie Joy PhD
13. [When Knowing the Facts Isn't Enough to Become Vegan](#) Clare Mann

ARTICLES

1. [101 Reasons Why I'm a Vegetarian](#) Pamela Rice
2. [3 Steps to Becoming a Fashionista Compassionista](#) Adrienne Borgersen and Lois Eastlund
3. [A Look Into Canada's Vast Animal Agriculture Industry](#) James Videle
4. [*Against School](#) John Taylor Gatto
5. [Animal Abuse and Family Violence](#) Randall Lockwood PhD
6. [Animal Abuse and Human Violence Toolkit](#) Phil Arkow and Randall Lockwood PhD
7. [Animal Insensitivity Syndrome](#) Dr. Michael Fox
8. [Animal Rights and Social Issues](#) David Nibert PhD
9. [Another Look at Sustainable Animal Farming](#) Lee Hall
10. [Answering Dietary Questions During the Holidays](#) Cathy Fisher
11. [Being Vegan in a Speciesist World](#) Angel Flinn
12. [Beyond Herderism](#) Will Tuttle PhD
13. [*Bitter Brew – the Stirring Reality of Coffee](#) Food Empowerment
14. [*Bittersweet – Industrial Sugar Production in Cambodia](#) Bridges Across Borders Cambodia
15. [Black Vegans Step Out For Their Health and Other Causes](#) Kim Severson (New York Times)
16. [Blood Cashews: The Toxic Truth About Your Favorite Nut](#) Bee Wilson (The Telegraph)
17. [Building the Iron Wall](#) Chris Hedges (Truthdig)
18. [Can Drones Expose Factory Farms?](#) Twilight Greenaway
19. [Can This Game Turn You Vegan?](#) G. Clay Whittaker (Popular Science)
20. [Canada Woman Faces 10 Years in Prison for Giving Pigs Water on a Hot Day](#) Jessica Murphy
21. [*Canada's Obesity Rate at a Historic High](#) Huffpost Living
22. [*Canadian Adult Obesity at Historic High](#) University of British Columbia News
23. [Carnage Imagines a Vegan Utopia Where Animals Live as Equals](#) Matthew Adams PhD (The Conversation)
24. [Carnism](#) Gilbert and Desaulniers
25. ["Carnism?" There is Nothing "Invisible" About the Ideology of Animal Exploitation](#) Gary Francione JD
26. [Cashew Nut Workers Suffer Appalling Conditions](#) The Guardian
27. ["Circles of Compassion"](#) Gary Smith interviews Will Tuttle PhD
28. [Compassionate Christmas Guide](#) Animal Aid UK
29. [Conscience of a Vegetarian](#) China
30. [Crafting a Vegan World](#) Becky Striepe
31. [Crazy Cat Lady Speaks](#) Alexandra Isfahani-Hammond (Counter Punch)

32. [Crime of Going Vegan – Latest Attack on Angela Davis](#) Chad Nelson
33. [Eating Our Way to Disease](#) Chris Hedges (Truth Dig)
34. [Dairy Company Ditches Dairy to Produce Plant-based Milks](#) *Rise of the Vegan*
35. [Decoding "Never Again"](#) Sherry F. Colb JD
36. [Do Androids Dream of Animal Rights](#) Michael C. Dorf JD
37. [Do You Suffer from Vystopia?](#) Clare Mann
38. [Don't Let Their Divide and Conquer Strategy Work](#) Michael Greger MD
39. [Domestic Violence and Animal Abuse](#) Dr. Patricia Rushing
40. [Eating as a Political, Social, Spiritual Act](#) Kathleen Kevany PhD
41. [*Ecofriendly and Ethical Yarns and Textiles](#) One Green Planet
42. [Eco-rdeon – A Vegan Accordion](#) Vegan Quebec
43. [Emails Reveal Dairy Lobbyist Crafted "Ag Gag" Legislation Outlawing Pictures of Farms](#) Lee Fang (See also the [Truthdig](#) article).
44. [Eight Natural Products that can Promote Animal Cruelty and What to Wear Instead](#) Alex Sandra Myles
45. [English and Speciesism](#) Joan Dunayer
46. [Epiphanies of Dr. Steven Best](#) Interview with Claudette Vaughan of Vegan Voice
47. [Evidence for a Vegan Diet](#) James McWilliams (The Atlantic)
48. [Fake-News Creator](#) Laura Sydell (North West Public Radio)
49. [Farm to Fable: Examining the Culture of Animal Consumption](#) Marc Bekoff PhD
50. [FBI Hunt for Missing Piglets Reveals Federal Coverup of Barbaric Factory Farms](#) Glenn Greenwald (The Intercept)
51. [First Plant-based School in the USA](#) Mother Nature Network
52. [Food Reform \(1886\)](#) Henry Salt
53. [From Slaughterhouse Worker to Activist – One Man's Story](#) Examiner
54. [*Front Groups](#) Dieticians for Professional Integrity
55. [Going Vegan at Midlife Makes Sense](#) Vicki Larson
56. [Green Schools are Vegetarian Schools](#) GreenHeart Education
57. [Health Hazards of Women Workers Involved in the Cashew Industry](#) Swapnali Borah and Moonty Baruah (AJHS)
58. [*Here's Where Your Donated Clothes Really Ends Up](#) Paul Jay (CBC News)
59. [Heifer Project – Inhumanity in the Name of Humanity](#) AllCreatures.org
60. [Herbivorous Butcher](#) Mahita Gajanan
61. [Hidden Atrocities Behind Medical Progress](#) Sherry F. Colb JD
62. [Hidden History of Greco-Roman Vegetarianism](#) Nathan Morgan
63. [How Berlin Helped Me Go Vegan](#) Inês David
64. [How Big Food Companies Affect Nutrition Policy](#) Michael Greger MD
65. [How Do You Vegan in the Military?](#) Lori Stultz
66. [*How Refashioning Clothes Can Help Save the Planet](#) Salvage & Stitch
67. [How Protecting Animals Benefits Us Too](#) Aysha Akhtar MD
68. [*How Public Education Cripples Our Kids and Why](#) John Taylor Gatto
69. [How to Create a Virtuous Circle in Your Life by Going Vegan](#) Stefan Gutwin
70. [*How to Interest Children in Nature](#) Association of Nature and Forest Therapy
71. [How to Make Global Food Systems More Sustainable](#) Kathleen Kevany PhD (The Conversation)
72. [How to Stay Vegan on Holiday](#) Liz Dodd (The Guardian)
73. [How to Survive as a Vegan When You Are in the Military](#) Jemima Webber
74. [Humane, Natural and Organic Animal and Insect Control](#) PETA
75. [If Animals Matter Morally, Then We Cannot Treat Them As Commodities](#) Aazan Ahmad Interviews Gary Francione (Earth Island Journal)
76. [If You Struggle With Being Vegan in a Non-Vegan World](#) Compassionate Road Interviews Clare Mann
77. [Impossible Burger and the Road to Consumer Distrust](#) Stacy Malkan

78. *[India's Maharashtra State Bans Beef](#) Al Jazeera
79. [Industrial Farming is One of the Worst Crimes in History](#) Yuval Noah Harari PhD (The Guardian)
80. [Interview with Dr. Michael W. Fox \(Veterinarian\)](#) Animal Liberation Front
81. [India's Richest Man Bans Sale of Meat in His Grocery Stores](#) One Green Planet
82. [Industrial Agriculture Destroys Life](#) Vandana Shiva PhD
83. [Invasion of the Movement Snatchers](#) James LaVeck
84. [Is Pleasing Grandma Ruining Your Health?](#) Joel Fuhrman MD
85. [Judging Compassion: The Criminal Trial of Toronto Pig Save's Anita Crajnc](#) Elizabeth Abbott
86. *[KIN's School –Lycee School at Tekos](#) Mikhail Petrovich Shchetinin (Excerpt from "A School of the Future")
87. [Language, Power and Speciesism](#) Roger Yates PhD
88. [Lessons from a Pharmacist](#) Dustin Rudolph Pharm D
89. [Listening to Vegetables – The Art of Tanahashi Toshio](#) Kyoto Journal
90. *[Make a Choice to Change the Fast Fashion Industry](#) Maryam Rayman (Huffington Post)
91. *[Making Houses out of Mushrooms](#) Golda Arthur
92. [Mayor Went Vegan, then Spread the Word](#) Robyn Ross (New York Times)
93. [Meat Eaters Should Be Treated Like Smokers](#) Matt Dathan (Independent)
94. [Meat Free Apartment Complex to Open in Russia](#) Anna Starostinetskaya (VegNews)
95. [Meat Industry Advertising](#) Counting Animals
96. [Meatonomics' David Simon: Everything I Envision for Meat Has Happened with Tobacco](#) Elle Hunt
97. [Meat's Place on the Campaign Menu: How US Environmental Discourse Negotiates Vegetarianism](#) Carrie Freeman
98. [Meatworkers Prone to Violence, Expert Says](#) Flinders News
99. [Meet the Meat-Free Options at Toronto's First Vegetarian Butcher Shop](#) Jennifer Bain (Toronto Star)
100. [New Global Warming Strategy: How Environmentalists are Overlooking Vegetarianism](#) Noam Mohr
101. [New Paleo Diet Buzz – Facing Facts](#) Brenda Davis RD
102. *[Navy Seeks to Practice Using Electromagnetic Radiation Weapons Over US Soil](#) Project Censored
103. *[Navy Warfare Training – Coming to a Forest Near You](#) Robbie Roberts
104. *[New Forms of Human Rights Abuses on Vicini Company Sugar Cane Plantations](#) Father Christopher Hartley
105. [No Animals Were Harmed in the Making of this Wedding](#) Nicole Rivard
106. [Non-violence Demands Veganism: Interview with Dr. Roger Yates](#) Frank Armstrong
107. *[Nuclear Testing 1945 – Today](#) *Preparatory Commission for the Comprehensive Nuclear-Test-Ban Treaty Organization*
108. [Nursery Was Wrong to Expel Vegan Child Says Court](#) Patrick Browne
109. [On Being Critical and Holier Than Thou](#) Stacey (Moral Compass)
110. [Ordered to "Re-Hab" – In Chicken Processing Plants](#) Amy Julia Harris and Shoshana Walter (Truthdig)
111. [PALEO Diet is OUT – New "Socio Diet" Sweeps Nation!](#) Chrissy Benson (Satirical SpooF)
112. [Peace on Earth, but for whom?](#) Patricia Tallman
113. *[Pineapples](#) Anup Shah
114. [Politically Correct Food Choices?](#) Elizabeth J. Farians
115. [Pro-Vegan Posters Pop Up in Terminals](#) Amanda Panacci (Herald News)
116. [Psychology of Abuse](#) Neal Barnard MD
117. *[Public School Nightmare](#) John Taylor Gatto
118. [Pythagorean Principle](#) Will Tuttle PhD
119. *[Rapid Naming, Double Deficits and Dyslexia](#) David Boulton (*Children of the Code*) interviews MaryAnne Wolf PhD
120. [Reducing is a Good Thing. Reducing Animals to Food is Not.](#) Mario Burbach
121. [Reproducing Dominion: Emotional Apprenticeship in the 4-H Youth Livestock Program](#) Colter Ellis PhD and Leslie Irvine PhD
122. *[Quick-fix Development Gives Away More Than It Gets Back](#) Samuel Nguiffo
123. [Say "No" to Gift Animals](#) AllCreatures.org

124. [Seven Vegan-friendly Yoga Retreats Around the Globe](#) Maya Gottfried
125. [Sexist Words, Speciesist Roots](#) Joan Dunayer
126. [*Six-Lesson School Teacher](#) John Taylor Gatto
127. [Slaughterhouse Nightmare: Psychological Harm Suffered by Slaughterhouse Employees and the Possibility of Legal Redress](#) Jennifer Dillan
128. [Slaughterhouse Workers are More Likely to be Violent](#) Tory Shepherd
129. [Slavery – It's Still a Thing](#) Christopher-Sebastian McJetters
130. [Small Amounts of Animal Foods – Yes or No?](#) Gary Smith
131. [Speaking Truth to Power: Understanding the Dominant Animal-Eating Narrative for Vegan Empowerment and Social Transformation](#) Melanie Joy PhD
132. [Speciesist Language](#) Joan Dunayer
133. [Speciesist Language](#) Richard Ryder
134. [Speciesist Language](#) Roger Yates PhD
135. [Speciesist Language Reinforces Animal Inequality](#) The Vegan Vine
136. [Spiritual Path of Veganism](#) Steve Pavlina
137. [Staying Vegan While Travelling for Work](#) Ashlee Piper
138. [Stevie Wonder Urges People to Go Vegan](#) Anna Starostinetskaya
139. [*Stop Sugar Purchases from the Dominican Republic](#) Dominican Watchdog
140. [Story of Vegan Friendship, Gratitude and One Beautiful Quilt](#) Dreen Burton
141. [Strawberry Pickers Strain to See Fruits of their Labour](#) Al Jazeera
142. [Stuck Creatively? This Astonishing Research Will Give You Back Your Mojo](#) Jennifer Kurdyla
143. [*Sugar – Why Our Favourite Spoonful is not so Sweet](#) William McLennan
144. [*Take Back Your Education](#) John Taylor Gatto
145. [Tel Aviv Hosts First-for-World Vegan Congress](#) Laurie Baibo
146. [Ten Types of People Who Will Try and Undermine Your Veganism](#) Marla Rose
147. [*Tetra Pak Craft Recycling](#) Veggies UK
148. [Trick or Vegan Treat](#) Our Compass
149. [Swedish Interview](#) Camilla Johansson Interviews Gary Smith (The Thinking Vegan)
150. [*This Study is Brought to You By](#) Andi Bellatti RD
151. [To Be a Feminist is To Be a Vegan](#) Angel Flinn with interview [Breeding Slavery: Why Veganism Should Be Considered a Feminist Issue](#)
152. [Towards Non-Speciesist Language](#) George Jacobs PhD
153. [Unstoppable Rise of Veganism: How a Fringe Movement Went Mainstream](#) Dan Hancox (The Guardian)
154. [Value of Vegan Friends](#) *The Crunchy Vegan Gal*
155. [Vegan and Vegetarian Diet Trends in Canada](#) Statista
156. [Vegans Are Too Open to "Free Riders"](#) Angela Lashbrook (The Atlantic)
157. [Vegan Art and Craft](#) *Vegans Have Superpowers Blog*
158. [Vegan Ballet Slippers and Point Shoes](#) Big Tent Vegan
159. [Vegan Boss Who Followed His Heart and Made Millions](#) Regan Morris
160. [Vegan Community in Japan is Alive and Well](#) Big Tent Vegan
161. [Vegan Food Photos From Every Country A – Z](#) Vegan Wanderlust
162. [Vegan Martial Artist](#) *The Vegan Junction*
163. [Veganism: Inventing the New Normal](#) Butterflies Katz
164. [Veganizing the Great Works – the "Classics" -- of Literature](#) Shelley Harrison (Humane Herald)
165. [Vegan's List of Art Supplies](#) Small Footprints
166. [Vegetarianism First? The Conventional Wisdom and Why It's Wrong](#) Gary Francione JD
167. [Victoria's New Meatless Butcher Aims to Draw in Curious Carnivores](#) Sarah Petrescu
168. [Waste – The Defining Metaphor of Our Herding Culture](#) Will Tuttle PhD
169. [We Can't Fight Climate Change If We Keep Lying to Ourselves](#) Chris Hedges

170. *[We Need Less School, Not More](#) John Taylor Gatto
171. [What About Plants and Other Conundrums?](#) Martin Rowe (Vegan America Project)
172. [What If An Entire Country Adopted the Vegan Diet?](#) Jill Ettinger
173. [What Is Going on in Syria and Why](#) Upworthy News
174. [What Is the Challenge?](#) Kim Stallwood
175. [What You Need to Know on Your First Trip as a Vegan in Japan](#) Wendy Werneth
176. [Whitehorse Restaurant Shuns Blood, Feathers and Fur](#) Vivian Belik
177. [Who's Behind the U.S. Farmers and Ranchers Alliance](#) Anna Lappé HU
178. [Who Should Feed the World?](#) John Vidal (The Guardian)
179. [Why Do We Pardon Turkeys? Lessons in Human Morality](#) Sherry F. Colb JD
180. [Why Do Vegans Allow Vegetarianism to Define Veganism?](#) Will Anderson
181. [Why Every Business Leader Should Be Vegan](#) Betska K-Burr
182. [Why Hitler Was Not a Vegetarian](#) Rynn Berry
183. [Why I Could Never Quit Being Vegan](#) Rhea Parsons (The V Word)
184. *[Why Schools Don't Educate](#) John Taylor Gatto
185. [Why Technology Favours Tyranny](#) Yuval Noah Harari PhD (The Atlantic)
186. [Why You Shouldn't Care About Sticking Out As a Vegan](#) Karen Cottenden
187. [World Veganism - Past, Present and Future](#) John Davis
188. [You Can't Be "A Little Bit" Vegan](#) Jill Wooster (The Guardian)
189. [Zen World Peace Diet versus Wisconsin's 'Zen Butcher' Diet](#) Patricia Randolph

ARTICLE ARCHIVES

1. [Animal Products and Culture](#) Free from Harm
2. [Animal Products and Psychology](#) Free from Harm
3. [Center for Effective Vegan Advocacy](#)
4. [Chris Hedges](#) Alternet
5. [Chris Hedges](#) Truthdig
6. [Clare Mann](#) (Vegan Psychologist)
7. *[James McWilliams](#)
8. *[John Taylor Gatto](#) (The Sun Magazine), [Internet Archive](#), [Preservation Institute](#), and [Wikipedia Entries](#)
9. *[Maryanne Wolf](#) (The Guardian)
10. [Simple Recipes for Joy](#) Sharon Gannon
11. [Vegan Poems Archive](#) Soystache
12. [Walter Jacobson MD](#) Huffington Post

BOOKS

1. [Animal Oppression and Human Violence – Domesecration, Capitalism, and Global Conflict](#) David Nibert PhD
2. [Appetite for Profit: How the Food Industry Undermines our Health, and How to Fight Back](#) Michele Simon JD
3. [Art of Play](#) Joan Stanford
4. [Beyond Beef: The Rise and Fall of the Cattle Culture](#) Jeremy Rifkin
5. [Beyond Beliefs: A Guide to Improving Relationships and Communication for Vegans, Vegetarians and Meat Eaters](#) Melanie Joy PhD
6. [Carbon Dharma: The Occupation of Butterflies](#) Sailesh Rao PhD
7. [Carbon Yoga: The Vegan Metamorphosis](#) Sailesh Rao PhD
8. [Circles of Compassion – Connecting Issues of Justice](#) Will Tuttle PhD (Ed.)
9. [Clean House, Clean Planet](#) Karen Logan
10. [Comfortably Unaware](#) Richard A. Oppenlander

11. [Dating Vegans – Recipes for Relationships](#) Anne Dinshah
12. *[Dumbing Us Down](#) John Taylor Gatto
13. [Food Politics](#) Marion Nestle PhD
14. [Full Planet, Empty Plates](#) Lester R. Brown
15. [Link Between Animal Abuse and Human Violence](#) Oxford Center for Animal Ethics
16. [Main Street Vegan](#) Victoria Moran
17. [Meatonomics – The Bizarre Economics of Meat and Dairy](#) David Robinson Simon
18. [Meat the Truth](#) Nicolaas G. Pierson Foundation
19. [Mind If I Order the Cheeseburger](#) Sherry F. Colb JD
20. [Motivational Methods for Vegan Advocacy – A Clinical Psychology Perspective](#) Casey Taft PhD
21. *[Overdressed: The Shockingly High Cost of Cheap Fashion](#) Elizabeth L. Cline
22. [Plant Based Journey](#) Lani Muelrath
23. [Politics of the Pasture](#) James McWilliams
24. [Powerful Vegan Messages](#) H. Jay Dinshaw and Anne Dinshaw
25. [Practical Peacemaker – How Simple Living Makes Peace Possible](#) Kate Lawrence
26. *[Reader Come Home: The Reading Brain in a Digital World](#) Maryanne Wolf PhD
27. [Restore Our Planet Diet](#) Patricia Tallman PhD
28. [Sapiens – A Brief History of Humankind](#) Yuval Noah Harari PhD
29. [Sea the Truth](#) Nicolaas G. Pierson Foundation
30. *[Weapons of Mass Instruction](#) John Taylor Gatto
31. [What the Health](#) Eunice Wong
32. [WHOLE – Rethinking the Science of Nutrition](#) T. Colin Campbell PhD
33. [World Peace Diet](#) Will Tuttle PhD
34. [Your Inner Islands: The Keys to Intuitive Living](#) Will Tuttle PhD

BOOKS (FREE – Online)

1. [Carbon Dharma: The Occupation of Butterflies](#) Sailesh Rao PhD
2. [Carbon Yoga – The Vegan Metamorphosis](#) Sailesh Rao PhD
3. [Every Living Creature or Heart Training Through the Animal World](#) Ralph Waldo Trine (1899)
4. [Meet the Meatocracy](#) Climate Healers
5. [Vegan – The New Ethics of Eating](#) Eric Markus
6. [World Veganism – Past, Present and Future](#) John Davis

DVDS (for Purchase)

1. *[A New We](#)
2. *[Coca Cola Case](#)
3. [Cowspiracy](#)
4. [Plant Pure Nation](#)

LESSON PLANS

1. [Animal Aid UK](#)
2. [Animals and Us](#)
3. [Arjen Hoekstra Water Footprint](#)
4. [Demonstrating Our Values Through Eating \(DOVE\)](#)
5. *[Institute for Humane Education](#)
6. *[Sharkwater Extinction](#)
7. [Silent Communion Discernment Process](#)
8. [Starch Queens](#)

9. [*Thiagi Group Games](#)
10. [Unitarian Universalist Reverence for Life Program](#)
11. [Vegetarian Resource Group](#)

OUTREACH MATERIALS

1. [101 Reasons – Pamela Rice booklet](#)
2. [Advocacy of Veganism Society](#)
3. [Animal Aid UK](#)
4. [Animal Knowing Brochure](#)
5. [Be Fair – Be Vegan](#)
6. [Circle of Compassion](#)
7. [Compassion for Animals](#)
8. [Compassion Over Killing](#)
9. [Do Not Eat Us](#)
10. [FARM – Live Vegan Starter Guide](#)
11. [Fish Feel](#)
12. [Food Empowerment Project](#)
13. [Food for Thought Campaign](#)
14. [Earthsave](#)
15. [Ethical Choices Program](#)
16. [How Do I Go Vegan](#)
17. [Humane Decisions](#)
18. [Humane Myth](#)
19. [Interfaith Vegan Advocacy Kits](#)
20. [International Vegan Association](#)
21. [International Vegan – Respecting Animals](#)
22. [International Vegan Association -- Vegan Starter Kit](#)
23. [ISSUU – A Life Connected](#)
24. [iVegan posters](#)
25. [Joyful, Compassionate Eating \(*Honouring God's Creation*\) Booklet](#)
26. [Liberation BC](#)
27. [Living Free](#)
28. [Mercy for Animals – Global Warming](#)
29. [PCRM – Dangers of Eating Processed Meat](#)
30. [PCRM – Health and Nutrition Facts](#)
31. [PCRM -- Infographics](#)
32. [Peaceful Prairie](#)
33. [Peaceful Prairie – Humane Farming](#)
34. [PETA Catalogue](#)
35. [PETA – How Much Water Are You Wasting?](#)
36. [ProVegan – Consumption of Animal Products and Consequences](#)
37. [ProVegan – Vegan: The Healthiest Diet booklet](#)
38. [Supreme Master TV](#)
39. [Take Extinction Off Your Plate](#)
40. [Take Extinction Off Your Plate – A Tale of Two BBQs](#)
41. [United Poultry Concerns](#)
42. [United Poultry Concerns – Life Can Be Beautiful: Go Vegan](#)
43. [Vegan Kit – Vegan Nutrition Pamphlet](#)

44. [Vegan Outreach](#)
45. [Vegan Outreach – Starter Guide](#)
46. [Veganuary Vegan Starter Kit](#)
47. [Vegetarian Resource Group](#)
48. [VIVA Health UK](#)

PODCASTS (online)

1. [Cows, Colonialism and Capitalism](#) (54 min.) Animal Voices Interviews David Nibert Phd
2. [Dating While Vegan](#) Veganacious
3. [Earthling Ed Vegtoria 2018 Speech](#) (59 min.) Gorilla Radio
4. [Food for Life Society](#) (31 min.) Neal Barnard MD interviews Kathy Freston
5. [Human Rights – Slaughterhouse Worker Suffering and Linking Oppressions](#) (59 min.) Animal Voices Radio interviews Lauren Ornelas
6. [Mind If I Order the Cheeseburger](#) (36 min.) ARZone Interviews Sherry F. Colb JD
7. [Powerful Vegan Messages](#) (20 min.) Caryn Hartglass interviews Anne Dinshah
8. [Toxic Clothing](#) (44 min.) Radio3Fourteen interviews Brian and Maria Clements NMDs
9. [Understanding Behavioural Change for Vegan Communication](#) (62 min.) Animal Voices interviews Casey Taft Phd
10. [Veganism, Prison Complex, What the Health, Etc..](#) (89 min.) Vegan Trove interviews Eunice Wong

PODCAST COLLECTIONS (online)

1. [All Things Vegan Radio](#)
2. [Food for Thought](#) Colleen Patrick-Goudreau
3. [Go Vegan Radio](#) Bob Linden
4. [Main Street Vegan](#) Victoria Moran
5. [On Human Relations with Other Sentient Beings](#) Roger Yates
6. [Our Hen House](#)
7. [Plant Yourself](#) Howard Jacobson
8. [Responsible Eating and Living](#)
9. [Speaking of Vegan](#) Anuj Arun Shah
10. [Vegan Nation](#) Marlene Narrow
11. [Vegan Option](#) Ian MacDonald
12. [Vegan Radio](#)
13. [Vegan Trove](#) Trisha Roberts
14. [Vegan World Radio](#)
15. [Veganacious](#)

REPORTS

1. [Anything Goes: An Overview of Canada's Legal Approach to Animals on Factory Farms](#)
2. [Environmental Food Crisis](#) 2009. The United Nations Environment Programme
3. [Growth of Canadian Livestock in Canada](#)
4. [Impacts on Biodiversity](#)
5. [Meat: Now It's Not Personal, But ... Meat Eating is Becoming a Problem for Everyone on the Planet](#) 2004
6. [*Threats to Water Availability in Canada](#) Environment Canada
7. [Word From Our Sponsors: Are America's Nutrition Professionals in the Pocket of Big Food?](#) Michele Simon JD

VEGAN ASSOCIATIONS & SOCIETIES

1. [Abolishonist](#)
2. [American](#)
3. [Asheville NC](#)
4. [Berlin](#)
5. [Birmingham](#)
6. [Boston](#)
7. [Bristol](#) (United Kingdom)
8. [Denman Island, BC](#)
9. [Ethiopia](#)
10. [Eugene](#)
11. [Finland](#)
12. [France](#)
13. [Glasgow](#)
14. [Halifax](#)
15. [Hawaii](#)
16. [Hong Kong](#)
17. [Houston TX](#)
18. [India](#)
19. [India 2](#)
20. [Indonesia](#)
21. [International Vegetarian Union](#)
22. [Ireland](#)
23. [Netherlands](#)
24. [North America](#)
25. [Norway](#)
26. [Nottingham](#)
27. [Portland](#)
28. [Quebec](#)
29. [Rochester NY](#)
30. [San Francisco](#)
31. [Scotland](#)
32. [Singapore](#)
33. [South Africa](#)
34. [Sweden](#)
35. [Switzerland](#)
36. [Togo](#)
37. [Vancouver, BC](#)
38. [Vancouver Island, BC](#)
39. [Victoria BC](#)

VIDEOS (online)

1. [Ag Gag Laws Silence Whistle Blowers](#) (6 min.)
2. [All Life is Sacred](#) (26 min.) Chris Hedges Interviews Gary Francione
3. [Almost Dying Inspired Me to Become a Vegan Animal Advocate](#) (71 min.) James Aspey
4. [Appetite for Profit: How Food Industry Undermines our Health and How to Fight Back](#) (44 min.) Michele Simon JD
5. [*Arithmetic, Population and Energy](#) (74 min.) Al Bartlett PhD
6. [Bananas!](#) (48 min.) and [Big Boys Gone Bananas!](#) (48 min. *Sequel to "Bananas"*)
7. [Banana Land: Blood, Bullets and Poison](#) (72 min.)

8. [Best Diet For Martial Arts](#) (8 min.) Jake Mace
9. [Beyond Meat – The End of Food As We Know It?](#) (24 min.) Al Jazeera News
10. [Biology of Disgust](#) (81 min.) Milton Mills MD
11. [Bizarre Economics of Meat and Dairy and the Myth of "Sustainable" Meat](#) (52 min.) David Simon JD
12. [Canned Dreams](#) (48 min.) Katja Gauriloff
13. [Compassionate Activism](#) (50 min.) Leslie Ashburn
14. [Crazy Secrets of the Cashew](#) (1 min.) True Food TV
15. [Dairy – Essential Nutrition or Health Saboteur?](#) (54 min.) Joseph Keyon
16. [Debunking the Myths of Veganism](#) (66 min.) Colleen Patrick-Goudreau
17. [Domesticating Animals Caused an Addition to Violence](#) Jeffrey Masson (12 min.)
18. [Don't Eat Anything With a Face](#) (104 min.) Intelligence Squared US Debates
19. [End of Factory Farming](#) (56 min.) Erik Markus
20. [Ethics, Truth and Occam's Razor Veganism](#) (41 min.) Phil Wollen
21. [First Vegan School in the United States](#) (3 min.)
22. [*Future of the Reading Brain in an Increasingly Digital World](#) (50 min. Podcast) Onpoint interviews Maryanne Wolf PhD
23. [Garden of Vegan: Veganism in Israel](#) (57 min.) James Peter
24. [Herd](#) (20 min.)
25. [Hope – What You Eat Matters](#) (93 min.) *H.O.P.E. The Project*
26. [How Corporations Have Taken Over Government, Nonprofit, and Regulatory Agencies](#) (26 min.) Chris Hedges Interviews Russell Mokhiber
27. [How Do I Keep My Heart From Breaking?](#) (7 min.) Richie Fruitbat
28. [How the American Legal System Protects Animal Food Producers, and the Consequences for Consumers and Animals](#) (38 min.) David Simon JD
29. [How the Meat and Dairy Industry Addicts You to Their Food](#) (76 min.) David Robinson Simon JD
30. [How to Win an Argument with a Vegan](#) (5 min.)
31. [How Vegan Diet Affects the Psychology of Humans](#) (6 min.) Will Tuttle PhD
32. [Hunger, Meat, and the Banality of Evil](#) (48 min.) Dawn Moncrief
33. ["I Only Eat a Little Bit of Meat"](#) (17 min.) James Aspey
34. [Inspire Your Family to Love Plant-based Whole Foods](#) (75 min.) Timaree Hagenburger RD
35. [Inspiring Vegan Activism Slide Presentation at Animals Rights Conference](#) (25 min.) Will Tuttle PhD
36. [Introduction to Carnism](#) (59 min.) Melanie Joy PhD
37. [Invisible Hands](#) (24 min.) Al Jazeera
38. [Lisa Kemmerer Lecture](#) (47 min.) Conscious Eating Conference
39. [Mainstream Media Pretends Veganism Doesn't Exist](#) (15 min.) Jane Velez-Mitchell
40. [Man \(Cartoon\)](#) (4 min.) Steve Cutts
41. [Meat and Dairy Industry: How Animal Food Systems Cost 414 Billion Yearly](#) (87 min.) David Simon JD
42. [Meatonomics – The Bizarre Economics of Meat and Dairy](#) (3 min.) David Simon JD
43. [Mind If I Order the Cheeseburger?](#) (59 min.) Sherry F. Colb JD
44. [Navigating Relationships as an Animal Advocate](#) (59 min.) Casey Taft PhD
45. [New Vegans](#) (8 min.) Darwin Vegan Society
46. [Nonviolence Includes Animals](#) (27 min.) Ingrid Newkirk
47. [NOTMILK Path to Good Health](#) (60 min.) Robert Cohen
48. [Olympic Level Compassion](#) (14 min.) Dotsie Bausch
49. [Optimize Change, Neutralize Negativity](#) Walter Jacobson MD (64 min.)
50. [*Pineapples – Luxury Fruit at What Price?](#) (20 min.)
51. [Power of Food Choices](#) (9 min.) Lauren Ornelas
52. [Power of Plant Based Eating](#) (15 min.) Joanne Kong PhD
53. [*Price of Sugar](#) (90 min.)
54. [Secret Reason We Eat Meat](#) (18 min.) Melanie Joy PhD

55. [Simple Recipes for Joy](#) (23 min.) Donna D'Cruz interviews Sharon Gannon
56. [Slaving Away](#) (26 min.) Al Jazeera
57. [Societal Implications of our Herding Culture](#) (62 min.) Evita Ochel interviews Will Tuttle PhD
58. [Speaking Truth to Power](#) (56 min.) Melanie Joy PhD
59. [Story Behind the Vegan Revolution in Israel](#) (23 min.) Chen Cohen
60. [Swiss Army Knife Solution](#) (54 min.) Philip Wollen
61. [Ten Keys to Staying Positive Facing Animal Abuse](#) (71 min.) Will Tuttle PhD
62. [There's No Such Thing as a Free Lunch](#) (59 min.) John Cadman
63. [Time-lapse Map of Every Nuclear Explosion Between 1945-1998](#) (14 min.)
64. [Trauma in Animal Advocacy](#) (47 min.) Casey Taft Phd
65. [Truth or Dairy](#) (60 min.) John McDougall MD
66. [Vegan 2016: A Growing Movement Under Attack](#) (35 min.) Plant Based News
67. [Vegan 2017](#) (47 min.) Plant Based News
68. [Vegan Advocacy](#) (76 min.) Melanie Joy PhD
69. [Vegan Basics](#) (30 min.) Bob Rapfogel
70. [Vegan: Everyday Stories](#) (91 min.)
71. [Vegetarian to Vegan](#) (60 min.) Sarah Taylor
72. [Vegucated](#) (66 min.)
73. [What Animal Communication Research Can Tell Us](#) (59 min.) Victoria Anderson PhD
74. [Who Owns Canada's Media](#) (4 min.) Mel Hurtig
75. [Why Doctors Don't Recommend Veganism 1](#) (30 min.) Michael Greger MD interviewed by Plant Based News
76. [Why Doctors Don't Recommend Veganism 2](#) (27 min.) Neal Barnard MD interviewed by Plant Based News
77. [Why Doctors Don't Recommend Veganism 3](#) (26 min.) John McDougall MD interviewed by Plant Based News
78. [Why Doctors Don't Recommend Veganism 4](#) (25 min.) Alan Goldhamer DC interviewed by Plant Based News
79. [Why Doctors Don't Recommend Veganism 5](#) (26 min.) Michael Klaper MD and Pam Popper ND interviewed by Plant Based News
80. [Will Tuttle in Australia](#) (123 min.)
81. Will Tuttle PhD Interviewed by Jason Liosatos
 - a. [Part One](#) (16 min.)
 - b. [Part Two](#) (16 min.)
 - c. [Part Three](#) (18 min.)
82. [Wisdom from Antiquity to Present – Famous Vegan Quotes](#) (7 min.)

VIDEO COLLECTIONS (online)

1. [12 Speeches that Define Veganism](#) Kwok Yingchen
2. [Ahimsa Festival Video Gallery](#)
3. [Benevolent Vegan](#)
4. [Better Eating International](#)
5. [*Century of the Self](#) (Documentary Series 240 min.)
6. [Change Your Mind](#) with Walter Jacobson MD
7. [Go Vegan Radio](#)
8. [Guilt Free TV](#) Jeff Morgan
9. [James Aspey](#)
10. [*John Taylor Gatto TV](#) (Commentary on the design of our education system)
11. [Mad City Vegan Fest](#)
12. [Northwest Veg](#)
13. [Okraw](#)
14. [*On Contact](#) Chris Hedges
15. [Plant Based News](#)

16. [Plant Power](#) Jean Schumacher
17. *[Real Truth About Health Conference](#)
18. *[Stephen C. Meyer](#) (Commentary on intelligent design theory)
19. [United Poultry Concerns](#)
20. [Vegetarian Society of Hawaii](#) Monthly Speakers
21. [Vegfest UK](#)
22. [Vision Earth Society](#)
23. [World Veg Fest](#) (San Francisco Veg Society)

WEB SITES

1. [360 Health Connection](#)
2. *[Alan Cassels PhD](#) (Professor with an interest in drug policy).
3. [Balanced](#)
4. [Better Eating International](#)
5. [Chic Vegan](#)
6. [Comet Party](#) (Camille DeAngelis)
7. *[Crafting a Green World](#)
8. [Compassionate Road](#)
9. [Daniel Redwood Songs](#)
10. [Discerning Brute](#)
11. [Earth in Transition](#) (Blog)
12. [Eat Drink Politics](#)
13. [Ecorazzi – Good Gossip](#)
14. [Esteem Dynamics](#) (Doug Lisle PhD, Psychologist)
15. [Eternity Watch Magazine](#)
16. [Fashionista Compassionista](#)
17. *[Food and Agriculture Vital Signs](#)
18. [Food Empowerment Project](#)
19. [Food For Life](#)
20. *[Food Politics](#)
21. *[FoodWatch](#)
22. [Gentle World](#)
23. [Glue and Glitter Craft Projects](#)
24. [Going Vegan Health Benefits](#)
25. [GreenHeart Education](#)
26. [Green Vegans](#)
27. *[Grid-Adrenal/United Nations Environmental Program](#)
28. [Grunt Vegan News](#)
29. [Guilt Free TV](#) (Jeff Morgan)
30. [Henry Salt Archive](#)
31. [Hero Health Room](#)
32. [History of Vegetarianism](#)
33. [How Do I Go Vegan](#)
34. [Human Decisions](#)
35. [Humane Herald](#)
36. [Insolente Veggie](#)
37. *[Institute for Humane Education](#)
38. [International Vegan Rights Alliance](#)
39. [James Aspey](#)

40. [Julia Butterfly Hill](#)
41. [Kind Life](#) (Alicia Silverstone)
42. [Kindred Spirits House Sit or Swap](#)
43. [Kris Carr](#)
44. *[Land Matrix](#) (Public Database on Land Deals)
45. [Lani Muelrath](#)
46. [Latest Vegan News](#)
47. [Lisa Kemmerer PhD](#) (Professor of Philosophy and Religions)
48. [Live Kindly](#)
49. [Live Vegan](#)
50. [Living and Raw Foods](#)
51. [L.O.V.E. Productions](#)
52. [Meatonomics](#) (Blog)
53. [National Link Coalition](#)
54. [Navdanya](#)
55. [Nicolaas G. Pierson Foundation](#)
56. [Nomadic Vegan](#) (Vegan Travel)
57. [Nutrition Ecology International Center](#)
58. [Nonviolence United](#)
59. [Nutrition Professor](#) (Timaree Hagenburger RD)
60. [On Human Relations With Other Sentient Beings Blog](#) (Roger Yates PhD)
61. [One Green Planet](#)
62. [Our Compass](#)
63. *[Overeating Recovery](#)
64. *[PEW Commission on Industrial Animal Farm Production](#)
65. [Plant Based Foods Association](#)
66. [Plant-Based News](#)
67. [Pythagorean Journal](#)
68. [Raggamuslms](#)
69. *[Real Truth About Health](#)
70. [Responsible Eating and Living](#)
71. [Restore Our Planet Diet](#)
72. [Rich Roll](#) (athlete)
73. [Rise of the Vegan](#)
74. [Scavenger](#)
75. [Sharan India](#)
76. [Soystache](#)
77. [Terrastendo](#)
78. [The Farm Community](#)
79. [The Thinking Vegan](#)
80. [The V Word](#)
81. [Veg Visits](#)
82. [Vegan America Project](#)
83. [Vegan Annie](#)
84. [Vegan Events](#)
85. [Vegan Herald](#)
86. [Vegan Housewives](#)
87. [Vegan Intersectionality Project](#)
88. [Vegan Junction](#)
89. [Vegan Peace](#)

90. [Vegan Psychologist](#)
91. [Vegan Travel Club](#)
92. [Vegan Voice](#)
93. [Vegan World Friendship Tour](#)
94. [Vegan Yoga Life](#)
95. [Vegananalyser](#)
96. [Vegans Make a Difference](#) (Joanne Kong PhD)
97. [Vegans World Network](#)
98. [Veganuary](#)
99. [Veganwiz](#)
100. [Vegatopia](#)
101. [Vegetarian Resource Group](#)
102. [Vegetarians in Paradise](#)
103. [Veggie Hotels](#)
104. [Vegr](#)
105. [Vegtoria](#) (Victoria Vegan Festival)
106. [*Victoria Healthy People](#) (*Not a vegan organization, but plans many activities of interest to vegans)
107. [Walter Jacobson MD](#) (Psychiatrist)
108. [Well Fed World](#)
109. [World Peace Diet](#)
110. [World Peace Writers](#)
111. [*World Preservation Foundation](#)
112. [Your Daily Vegan](#)
113. [Yuval Noah Harari](#) (History Professor)