



The Face on Your Plate: The Truth About Food

By Jeffrey Moussaieff Masson

Download now

Read Online ➔

The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson

“It’s a challenge to create transformative moments with books, but [Masson] does it.”?Susan Salter Reynolds, *Los Angeles Times*

In this revelatory work, Jeffrey Moussaieff Masson shows how food affects our moral selves, our health, and our planet. Masson investigates how denial keeps us from recognizing the animal at the end of our fork and urges readers to consciously make decisions about food.

 [Download The Face on Your Plate: The Truth About Food ...pdf](#)

 [Read Online The Face on Your Plate: The Truth About Food ...pdf](#)

The Face on Your Plate: The Truth About Food

By Jeffrey Moussaieff Masson

The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson

“It’s a challenge to create transformative moments with books, but [Masson] does it.”?Susan Salter Reynolds, *Los Angeles Times*

In this revelatory work, Jeffrey Moussaieff Masson shows how food affects our moral selves, our health, and our planet. Masson investigates how denial keeps us from recognizing the animal at the end of our fork and urges readers to consciously make decisions about food.

The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson Bibliography

- Sales Rank: #302725 in Books
- Published on: 2010-04-26
- Original language: English
- Number of items: 1
- Dimensions: 8.30" h x .80" w x 5.60" l, .51 pounds
- Binding: Paperback
- 288 pages

 [Download The Face on Your Plate: The Truth About Food ...pdf](#)

 [Read Online The Face on Your Plate: The Truth About Food ...pdf](#)

Editorial Review

From Publishers Weekly

Each bite of meat involves the killing of an animal that did not need to die, Masson (*When Elephants Weep*) reminds readers, and if the advocacy of a completely vegan diet (neither milk nor eggs, in addition to giving up meat and fish) is not particularly new—even Masson acknowledges that he is following the path laid out by authors like Temple Grandin and Michael Pollan—the passion with which the argument is made is immediately apparent. Masson explains the scientific background in simple, effective prose, pointing to the vast environmental damage caused by the modern agriculture-industrial complex, then slams the emotional point home by underscoring the plaintive cries of a calf separated from a mother cow or the psychological stress that hens endure when thrust into small cages. Masson argues that a vegan diet is sufficient to provide us with all the nutrients we need to thrive, using his own daily menus as an example, but his most powerful argument calls upon the power of empathy and a refusal to put animals through suffering. It probably won't convert many confirmed meat eaters, but it should provoke serious deliberation about how our food choices reflect our values. (*Mar.*)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From [Booklist](#)

Masson's newest volume marshals the historic arguments against eating meat and adds to them contemporary concerns about the environment. He recounts the amount of energy that goes into the production of meat and poultry, and he finds even the consumption of milk objectionable on the basis of its nutritional shortcomings and its inefficient use of natural resources. Lest the reader believe that fish consumption is morally acceptable, Masson presents arguments that fish are as sentient as any other animals. He waxes rhapsodic over all manner of fruits and vegetables but stops short of advocating the raw-food diet now being advocated by the most radical vegans. Masson finds the spread of grocery chains such as Whole Foods and Trader Joe's a heartening sign. An extensive bibliography and a long list of Web sites that deal with vegetarian and vegan issues are particularly helpful. --Mark Knoblauch

Review

This book could, quite literally, save the world.--Sophie Morris

Few bring to the table the wealth of knowledge and insight found here. . . . Masson's rare combination of passionate advocacy and scientific perspicacity makes this book unusually powerful. "

Intelligent, absorbing and very easy to digest, this is an essential book for any person who thinks and/or eats. --Debra Ginsberg"

This book could, quite literally, save the world. --Sophie Morris"

Users Review

From reader reviews:

Michael Mazzariello:

As people who live in the particular modest era should be revise about what going on or data even

knowledge to make all of them keep up with the era that is always change and move ahead. Some of you maybe may update themselves by looking at books. It is a good choice for you but the problems coming to anyone is you don't know which one you should start with. This The Face on Your Plate: The Truth About Food is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and wish in this era.

Mack Washburn:

The e-book untitled The Face on Your Plate: The Truth About Food is the book that recommended to you to read. You can see the quality of the guide content that will be shown to you actually. The language that creator use to explained their ideas are easily to understand. The article writer was did a lot of study when write the book, so the information that they share to your account is absolutely accurate. You also might get the e-book of The Face on Your Plate: The Truth About Food from the publisher to make you much more enjoy free time.

Betty Young:

Don't be worry should you be afraid that this book can filled the space in your house, you could have it in e-book approach, more simple and reachable. This specific The Face on Your Plate: The Truth About Food can give you a lot of close friends because by you investigating this one book you have matter that they don't and make an individual more like an interesting person. This particular book can be one of one step for you to get success. This guide offer you information that perhaps your friend doesn't know, by knowing more than other make you to be great folks. So , why hesitate? Let me have The Face on Your Plate: The Truth About Food.

Sandra Kelley:

As we know that book is very important thing to add our expertise for everything. By a reserve we can know everything we really wish for. A book is a list of written, printed, illustrated as well as blank sheet. Every year had been exactly added. This book The Face on Your Plate: The Truth About Food was filled in relation to science. Spend your extra time to add your knowledge about your scientific disciplines competence. Some people has different feel when they reading a new book. If you know how big advantage of a book, you can truly feel enjoy to read a book. In the modern era like currently, many ways to get book that you wanted.

Download and Read Online The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson #2ODFMT1S4CW

Read The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson for online ebook

The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson books to read online.

Online The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson ebook PDF download

The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson Doc

The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson Mobipocket

The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson EPub

2ODFMT1S4CW: The Face on Your Plate: The Truth About Food By Jeffrey Moussaieff Masson