



# **Compassionate Cuisine: Gourmet Vegetarian Recipes & the Philosophy and Culture of Caring**

*VRNA DEVI*

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# Compassionate Cuisine: Gourmet Vegetarian Recipes & the Philosophy and Culture of Caring

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CITING THE LONG PROUD TRADITION OF ENLIGHTENED ETHICAL VEGETARIANS - INCLUDING SOCRATES, ARISTOTLE, ISAAC NEWTON, HENRY DAVID THOREAU, MAHATMA GANGHI, LEONARDO DA VINCI AND ALBERT EINSTEIN. DEVI COMBINES TIMELESS VEDIC PHILOSOPHY WITH COMPELLING PHYSIOLOGICAL, ENVIRONMENTAL AND ETHICAL ARGUMENTS FOR ABANDONING MEAT, THUS OPENING ONE'S CONSCIOUSNESS TO A GENTLER HOLISTIC APPROACH TO NUTRITION.

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