



The New Why You Don't Need Meat

Peter Cox

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As people are becoming more and more aware of the benefits of a meat-free diet, vegetarianism is one of the key lifestyle issues of the 1990s. Peter Cox, a lifelong campaigner for vegetarianism, has gathered a huge amount of evidence to prove that this is the superior way of life. Expert opinion now shows that meat is not only bad for your health but is seriously depleting Earth resources. As well as answering the most common questions in the vegetarian debate from nutritional balance to whether the human race really is carnivorous, Peter Cox addresses these broader issues very much at the forefront of nineties consciousness. Described by the press as "a charter for vegetarians to go out armed with the most powerful arguments against the consumption of meat" this book is also guaranteed to make the most committed carnivore stop and think.

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