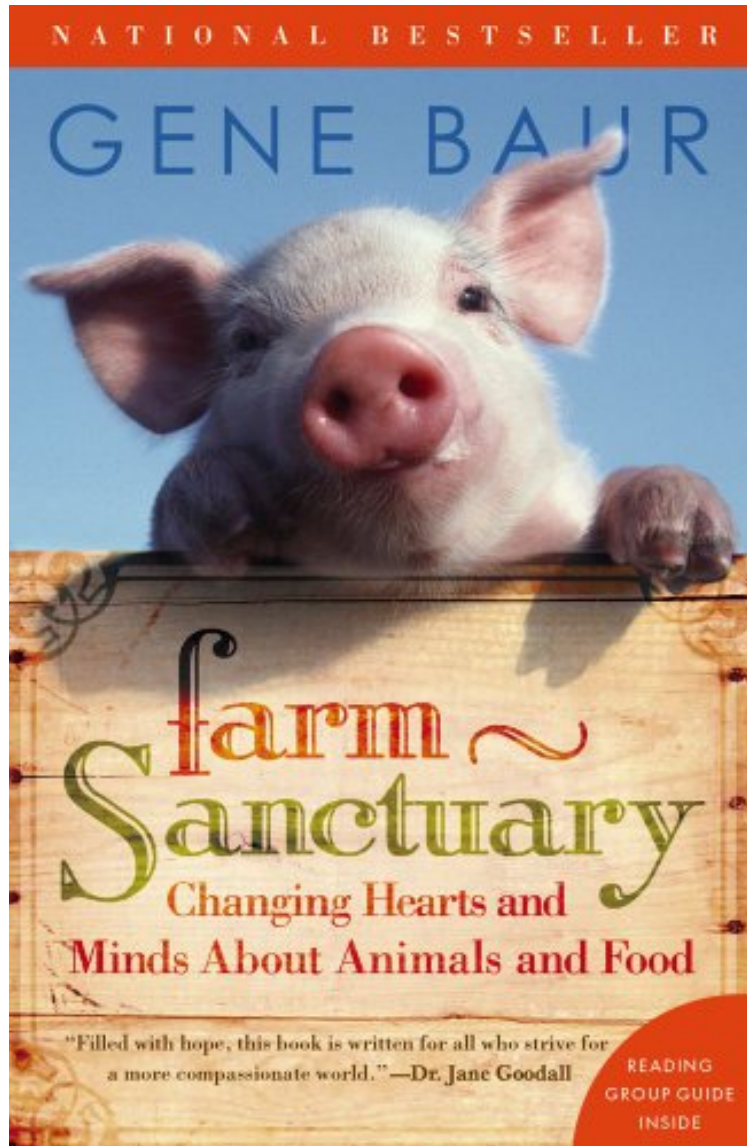


Farm Sanctuary: Changing Hearts and Minds About Animals and Food

Gene Baur

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Gene Baur : Farm Sanctuary: Changing Hearts and Minds About Animals and Food before purchasing it in order to gage whether or not it would be worth my time, and all praised Farm Sanctuary: Changing Hearts and Minds About Animals and Food:

9 of 9 people found the following review helpful. He provides his hard to stomach real life experiences saving farm animals in dire situations and also goes into great detail desBy Melina GarzaI saw Gene Baur interviewed last year on Jon Stewart's Daily Show and felt compelled to read his book, Farm Sanctuary. I have to admit it took me several

months to finish the book as I would take long pauses between chapters. He provides his hard to stomach real life experiences saving farm animals in dire situations and also goes into great detail describing current commercial farming industry practices. As a vegetarian, I found it hard to read some of the gruesome stories, but found the rescue stories uplifting and reassuring. After reading the book, I reevaluated my own thoughts and feelings regarding consuming dairy and eggs. I've since decided to adhere to a more vegan diet and continue educating myself on being a more informed consumer of goods to ensure companies I support have ethical practices and are cruelty free. I encourage people to give the book a read whether they're vegan or carnivores. The book encourages self-examination and a more humane way of living.

9 of 9 people found the following review helpful. This is the best book that I have read in my entire life. It sheds a balanced, truthful reflection on the horrors of factory farming and how strong the political clout is behind all of this "invisible" factory farming. Gene Bauer's courage and knowledge are unsurpassed - he is a hero. The book made me understand how enlightened he is and how open he is to working with factory farming operators. Also he sheds light on the dangers of the American diet and how raising factory farmed animals not only tortures animals but is leading to the demise of American health - heart attacks and obesity are enormous medical problems that result from the over-consumption of animal products laden with anti-biotics and steroids. He also demonstrates the beauty and intelligence that lies within each animal through the most amazing experiences he has enjoyed with the animals. I will re-read this book many times during my life as a source of inspiration and knowledge that I treasure.

1 of 1 people found the following review helpful. For People Who Are willing To Learn About The Lives Of Farm Animals. By Diz and Diana. This guy has done what I wish I could do - create a farm sanctuary and run it. We are in our 60's which is a bit late to start now but I love visiting sanctuaries online and will get vicarious enjoyment from this book and "meeting" the animals he has taken in. We have taken in some of our own (10 to be exact) but are at our limit. I applaud Gene Baur and thank him for his pushing back at the meat industry and for taking in farm animals and giving them life, respect, freedom, contentment and happiness.

Leading animal rights activist Gene Baur examines the real cost of the meat on our plates -- for both humans and animals alike -- in this provocative and thorough examination of the modern farm industry. Many people picture cows, sheep, pigs, and chickens as friendly creatures who live happily within the confines of a peaceful family farm, arriving as food for humans only at the end of their sun-drenched lives. That's what Gene Baur had been told -- but when he first visited a stockyard he realized that this rosy depiction couldn't be more inaccurate. Amid the stench, noise, and filth, his attention was drawn in particular to one sheep who had been cast aside for dead. But as Baur walked by, the sheep raised her head and looked right at him. She was still alive, and the one thing Baur knew for sure that day was that he had to get her to safety. Hilda, as she was later named, was nursed back to health and soon became the first resident of Farm Sanctuary -- an organization dedicated to the rescue, care, and protection of farm animals. The truth is that farm production does not depend on the family farmer with a small herd of animals but instead resembles a large, assembly-line factory. Animals raised for human consumption are confined for the entirety of their lives and often live without companionship, fresh air, or even adequate food and water. Viewed as production units rather than living beings with feelings, ten billion farm animals are exploited specifically for food in the United States every year. In Farm Sanctuary, Baur provides a thought-provoking investigation of the ethical questions involved in the production of beef, poultry, pork, milk, and eggs -- and what each of us can do to stop the mistreatment of farm animals and promote compassion. He details the triumphs and the disappointments of more than twenty years on the front lines of the animal protection movement. And he introduces sanctuary us to some of the special creatures who live at Farm Sanctuary -- from Maya the cow to Marmalade the chicken -- all of whom escaped horrible circumstances to live happier, more peaceful lives. Farm Sanctuary shows how all of us have an opportunity and a responsibility to consume a kinder plate, making a better life for ourselves and animals as well. You will certainly never think of a hamburger or chicken breast the same way after reading this book.