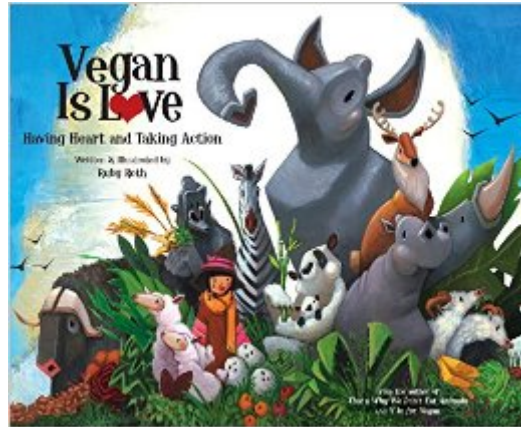


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# Vegan Is Love: Having Heart And Taking Action



## Synopsis

In *Vegan Is Love*, author-illustrator Ruby Roth introduces young readers to veganism as a lifestyle of compassion and action. Broadening the scope of her popular first book *That's Why We Don't Eat Animals*, Roth illustrates how our daily choices ripple out locally and globally, conveying what we can do to protect animals, the environment, and people across the world. Roth explores the many opportunities we have to make ethical decisions: refusing products tested on or made from animals; avoiding sea parks, circuses, animal races, and zoos; choosing to buy organic food; and more. Roth's message is direct but sensitive, bringing into sharp focus what it means to put our love into action. • Featuring empowering back-of-the-book resources on action children can take themselves, this is the next step for adults and kids alike to create a more sustainable and compassionate world.

## Book Information

Hardcover: 44 pages

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Product Dimensions: 11.4 x 0.4 x 9.3 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (79 customer reviews)

Best Sellers Rank: #147,784 in Books (See Top 100 in Books) #26 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan](#) #48 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition](#) #191 in [Books > Children's Books > Growing Up & Facts of Life > Health > Diseases](#)

Age Range: 7 - 10 years

Grade Level: 2 - 5

## Customer Reviews

After all the media hype over the "violence" of this book, I couldn't help but wonder if graphic images were included..they are NOT. This book is the antithesis of violent, it's very gentle prose and loving illustrations can't help but leave you with a sense of peace and genuine compassion for animals. I feel more than comfortable to hand it over to my 7 year-old niece and am so thankful a book like this has been written. The message is about choice -not guilt, about education - not indoctrination, and

somehow the author has managed to take a very complex subject and turn it into an easily comprehensible story. I believe this book is a great introduction to veganism and compassion, not only for children, but teens and adults as well. Every public library should have a copy, please request a copy at yours! Ruby Roth couldn't have done a better job and I look forward to her future work..(and her illustrations are so beautiful, they would even look great as a t-shirt or bag collection).

This book has undergone a great deal of controversy even before it's release, which unfortunately doesn't come as much surprise to me. Most parents, at least in the U.S., seem to be very careful, if not resistant, when it comes to discussing with their children where meat, dairy and other animal products come from. Roth takes a courageous, honest approach toward establishing an open platform from which to engage children as individuals with the ability to make their own decisions. Shouldn't we all be exposed to the truth - especially when it comes to the foods we eat every single day?? Roth is a remarkable artist and writer, and clearly has enough respect for children to realize that they are able and competent to experience compassion and make rational decisions for themselves. I look forward to the day that I can read this book to my own children.

I have niece & nephew who are over weight and unhealthy. They will most likely diet before their parents. I have giving them videos like Food, Inc but it is too graphic for them. The illustration in this book is perfect way for me to show them simple ways to live a healthy lifestyle without all the blood and guts. Beside eating healthier and be kind to animals Vegan Is Love covers all bases. Love for animal, earth and people. Wish I had a book like this read to me when I was growing up. I will buy many more of this book for friends and family.

I must say, the media hype intrigued my interest in this book even more than the vegan lifestyle it promotes. I expected some graphic... something. This is a book showing a very kid-friendly truth the the animal abuse that occurs from labs to circuses. I am happy to share this with my daughter and show her a loving way to treat animals. The truth, in my opinion, is a much more effective way of parenting than covering everything up with a blanket of lies just to have the child uncover all of that once they are older. What a confusing way to live! Thank you Ruby for a wonderful, kid-friendly, and informative depiction of what being vegan is all about; love!

My four-year old son, a lifelong vegetarian, has been transitioning to a fully vegan diet. Roth's book

articulated the many reasons why in simple, compassionate language he can understand. The illustrations are beautiful and emotional and the message of showing love through veganism was inspiring. Roth's books are must-haves for veg families. Thank you so much!

This is a beautifully illustrated and wonderfully written book with a powerful message. That message is that we all - adults and children alike - have the power to affect positive change and we can start today. Roth explains in simple language how animals are used for clothing, food, testing, and entertainment and how that use harms animals, and also how it harms humans and the planet. She then explains what we can do instead, and how in that process we make the world a better place for all of us. Roth's stylistic art is true to life in depicting the horrors of what we do to animals, but also gently presented. I didn't find the illustrations to be too graphic for small children. Ms. Roth's book empowers even the youngest of us, and helps us all make the world a kinder, more compassionate place.

Having already been a fan of Ruby's "That's Why We Don't Eat Animals" I knew we would love this one equally. And boy do we! Covering all aspects of a vegan lifestyle, from diet to clothing to entertainment, I love how we are gently brought back to the words 'vegan is love' throughout the book - such a beautiful reminder that after all, that is what it is all about. A gentle, educational and moving book about veganism, that can only instill a greater sense of compassion in its young readers. Another beautifully illustrated and eloquent piece from Ruby, that both parents and children of ALL ages can enjoy.

my daughter loved and hated only because I had to explain to her how the animals felt in the zoos, aquariums, and labs. It's a good book though. She now understands why we eat vegan now. Thanks so much for the book. She still wants me to read it to her every night now for bed =] so that must be a good sign! =]

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