

Vegan Sangha Resources

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To learn more about The Vegan Sangha, please email: mindbodytherapist@gmail.com

There are a lot of great resources out there. This is not an exhaustive list but some top recommendations!

“All beings fear danger, life is dear to all. When a person considers this, he does not kill or cause to kill.”
(Dhammapada, 129)

Educational Films

Animal Cruelty

- **Earthlings:** A 2005 American documentary about human’s dependence on animals for economic purposes. It graphically depicts the industry standard for animals bred as pets, food, clothing, for entertainment and research: www.nationearth.com
- **Dominion:** A 2018 Australian documentary in which filmmakers use hidden cameras and aerial drones to investigate the dark side of animal agriculture. It graphically depicts the industry standard for animals raised as food. www.dominionmovement.com

Environment

- **Cowspiracy:** Uncovers the most destructive industry facing the planet today and investigates why the world’s leading environmental organizations are too afraid to talk about it: www.cowspiracy.com
- **Eating Our Way to Extinction:** Starring globally renowned figures and the world’s leading scientists, changing the way people look at their food and the food industry: www.eating2extinction.com

Human Health & Performance

- **Forks Over Knives:** Researchers explore the possibility that people changing their diets from animal-based to plant-based can help eliminate or control diseases like cancer and diabetes: www.forksoverknives.com
- **What the Health:** Exposes the collusion and corruption in government and big business that is costing trillions in healthcare dollars and keeping us sick: www.whatthehealthfilm.com
- **The Game Changers:** Explores optimal diet for human performance and showcases elite athletes, special ops soldiers, visionary scientists, cultural icons, and everyday heroes: www.thegamechangersmovie.com

Social Justice

- **They’re Trying to Kill Us:** Exploration into the insidious relationship between structural racism and chronic disease: www.theyretryingtokillus.com

Spirituality

- **Animals and the Buddha:** A film by Dharma Voices for Animals featuring interviews with world-renowned Buddhist monastics and lay teachers about connections between Buddhism and compassion for animals. Available on YouTube.
- **A Prayer for Compassion:** A documentary that strives to inspire and encourage those already on a religious or spiritual path, to expand their circle of compassion to embrace all life, regardless of species, and make choices in alignment with this value. www.aprayerforcompassion.com

Free Vegan Mentoring

- 21-Day Vegan Kickstart, Physicians Committee for Responsible Medicine: www.kickstart.pcrm.org
- Forks Over Knives: www.forksoverknives.com
- Challenge 22: www.challenge22.com
- New Leaf Vegan Mentoring Program: www.newleafvegans.org

Books

- **The Great Compassion: Buddhism & Animal Rights** by Norm Phelps
- **Buddhism & Veganism** by Will Tuttle
- **A Plea for the Animals: The Moral, Philosophical, and Evolutionary Imperative to Treat All Beings with Compassion** by Matthieu Ricard
- **The World Peace Diet** by Will Tuttle
- **The Mindful Vegan** by Lani Muelrath
- **How Not To Die** by Dr. Michael Greger
- **Beyond Beliefs: A Guide to Improving Relationships and Communication for Vegans, Vegetarians, and Meat Eaters** by Melanie Joy
- **Why We Love Dogs, Eat Pigs, and Wear Cows** by Melanie Joy
- **Ageless Vegan** by Tracy McQuirter
- **Eating Animals** by Jonathan Safran Foer
- **The China Study** by T. Colin Campbell and Thomas M. Campbell
- **Animal Liberation** by Peter Singer

Vegan-Friendly Restaurants

Happy Cow: www.happycow.net

Plant-Based Medical Resources

Global Directory of Plant-Based Physicians and Allied Health Professionals:

www.plantbaseddocs.com

The Barnard Medical Clinic (DC-area):

<https://www.pcrm.org/barnard-medical-center>

Humane & Sustainable Agriculture Labels

Unfortunately, much labeling like “natural,” “no added hormones,” “cage-free,” “free-range,” and “USDA grass-fed” is meaningless. If you are not vegan yet and are looking for a more reliable source of labeling, look for these certifications: Global Animal Partnership Certified, Raised Without Antibiotics, Pasture Raised, American Grassfed Association (AGA Certified), and Animal Welfare Approved.

Podcasts

The Chickpeeps, Brown Vegan, The Disclosure Podcast, The Sweet Tooth Vegan, The Exam Room, The Minimalist Vegan, The Vegan Fitness Podcast, Our Hen House, The Simply Vegan Podcast, The Main Street Vegan, Food for Thought, The Rich Roll podcast

Vegan Related Organizations

Mercy for Animals

Food Empowerment Project

The Humane League

Compassion in World Farming

Good Food Institute

The Humane Society of the United States

Dharma Voices for Animals

Positive Videos to Connect with Animals

The Dodo-YouTube channel

DC-Area Farm Animal Sanctuary: Poplar Spring Animal Sanctuary