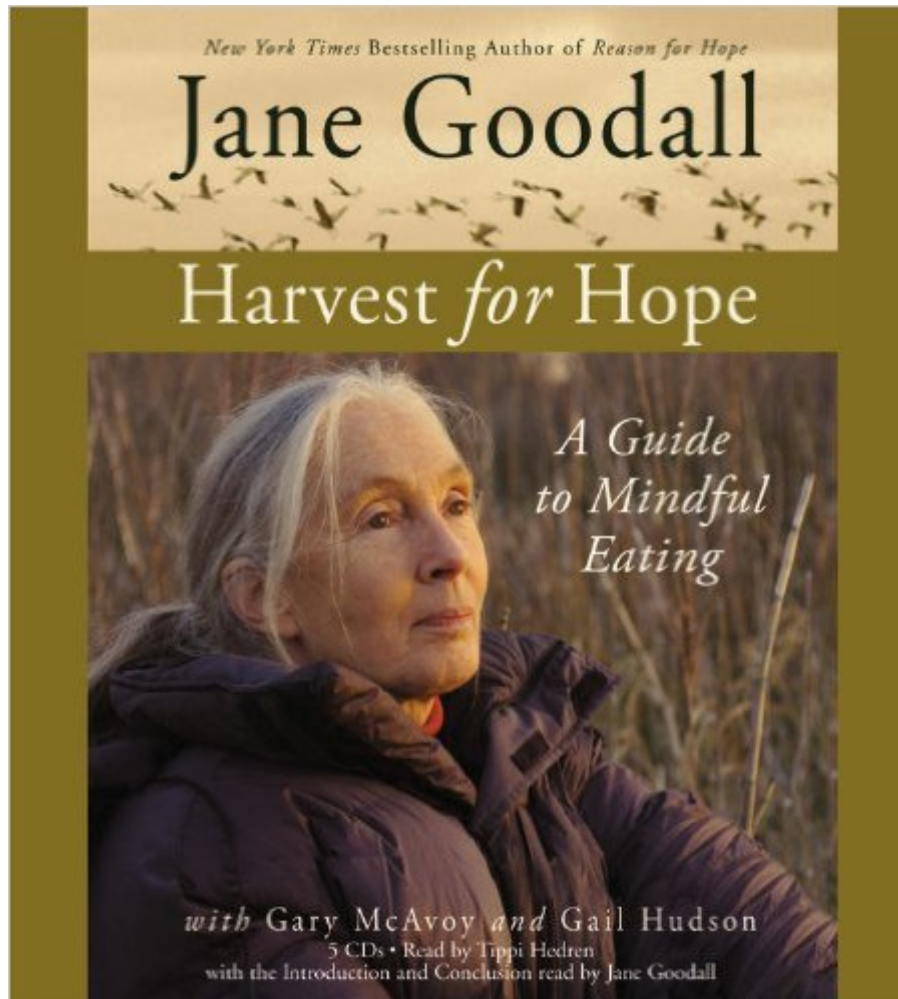


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# Harvest For Hope: A Guide To Mindful Eating



## Synopsis

World-renowned scientist and conservationist Jane Goodall earned her fame by studying chimpanzee feeding habits. But in *Harvest for Hope*, she scrutinizes human eating behaviors, and the colossal food industries that force-feed some cultures' self-destructive habits for mass consumption. It's an unsustainable lifestyle that Goodall argues must change immediately, beginning--not ironically--at a grassroots level. Looping personal anecdotes from 40 years of global travels with stories from noble farmer Davids and corporate Goliaths, Goodall methodically builds her case for shopping organic and living modestly. Mustering a tender gumption, she details the vicious cycle of pesticide-ridden and genetically engineered crops which feed the unknowing majority of consumers; and also feed the antibiotic-treated animals that provide these folks with inexpensive entrees. Leaving nasty slaughterhouse scenes to less tactful pens, Goodall focuses more on the product of "factory farming" techniques: mountains of waste, nutritionally depleted soil, polluted water, displaced organic farmers, and severely compromised food. Hope springs from positive sources: Edible Schoolyard programs in the U.K. and U.S., parents breaking their schools' "unholy alliance" with fast food chains and soft drink companies, a steady rise in organic purchases. Goodall offers many suggestions for rallying others, exercising one's own consumer powers, and just plain eating less meat. Conservationists might say this information is nothing new, which might explain why Goodall provides only tertiary references to her many statistics and facts. But for those who prefer that their own eating habits be stirred--not shaken--into question, the kindly Chimpanzee Lady provides the gentle touch required. --Liane Thomas

## Book Information

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## Customer Reviews

Having been raised in the "heartland" -- that would be the Midwest, in farming country -- over the years I have grown increasingly dismayed at what has become of both our farms and our food. I LOVE great food -- but the "real thing" has become harder and harder to find over the years. The relationship between what we eat and how we live has changed so much that now, we are as a society paying a very steep price with our health -- and sometimes our lives. "Fast food" -- and the convenience of packaged, processed foods -- turns out to be WAY more expensive than we think! It doesn't have to be this way. Jane Goodall presents one of the most impassioned and well-reasoned arguments for how to get back to a sane and healthier way to live. It is precisely because the problems have become so rampant and seemingly overwhelming, that it can be easy to feel that nothing can be done. Big business and corporations (which is what mega-farms and agribusiness has become) are huge -- and hard to fight. But as Goodall points out, one need not actually fight -- it's as easy as the choices you make daily. And everyone has to do that anyway. How many school children (or now adults, for that matter) know where the food you eat comes from? What does it look like, when it's growing in the earth? What does the animal look like and live like, that becomes the meat you eat? We have -- with the help of agribusinesses -- gotten disconnected from the source. And this is not a good thing! Goodall shows us the path back to the source of our food -- and our health -- and a future that really is sustainable.

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