



# **Please Don't Eat the Animals: All the Reasons You Need to Be a Vegetarian**

*Jennifer Horsman, Jaime Flowers*

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""Please Don't Eat the Animals"" is an exciting and provocative new book on the universal benefits of being a vegetarian. Authors Horsman and Flowers detail the many reasons for the burgeoning movement toward a plant-based diet in four short, interesting, easy-to-digest sections: health, environment, animal welfare, religion and spirituality.

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