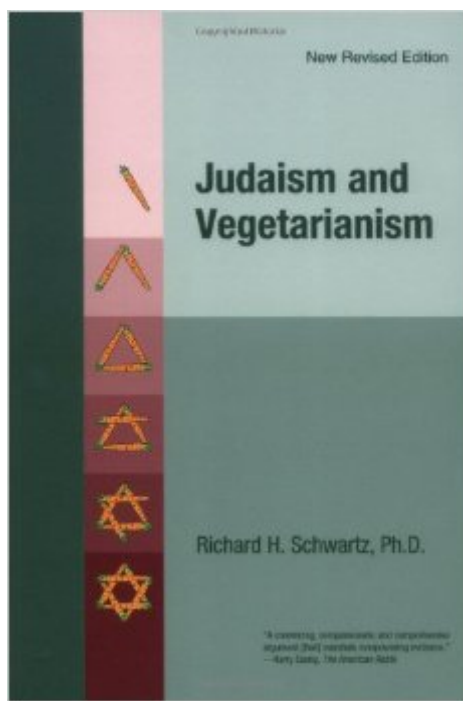


The book was found

Judaism And Vegetarianism



Synopsis

From God's first injunction, "Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed, to you it shall be for food." (Gen. 1:29) The Hebrew Bible offers countless examples of how God intends a compassionate and caring attitude toward animals, our health, and the health of the planet. This attitude, as Richard Schwartz shows in his pioneering work now fully revised, has been a constant theme throughout Judaism to the present day. Indeed, Judaism's particular concern for tikkun olam, a healing of the world, has never been more urgent today—given the current state of world hunger, environmental degradation, and the horror of factory farms. Dr. Schwartz shows not only how Judaism is particularly well suited to solving these problems, but how doing so can revitalize one's Jewish faith.

Book Information

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Customer Reviews

I read this book about three weeks ago, and reviewed it for[another source]. Rather than reinvent the wheel, here is the review I posted there (reposted with permission from VegSource): "Judaism and vegetarianism? Can the two be related? After all, what is a simcha (Jewish celebration) or holiday dinner without gefilte fish, chopped liver, cholent, roast beef, chicken and chicken soup? And what about passages in the Torah referring to Temple sacrifices of animals and the consumption of meat?" This question, quoted here from the preface to the first edition of Richard Schwartz's seminal work *Judaism and Vegetarianism*, has often plagued Jews considering a switch to a vegetarian lifestyle, as well as vegetarians considering Judaism. CAN one be Jewish and

vegetarian? Don't the Scriptures sanction...indeed, appear to command...the consumption of meat? What is God's will regarding His people and their relationship with the animals, the Earth, and with other peoples? How does vegetarianism fit in (or does it?)? In this book, Professor Schwartz demonstrates that, not only is vegetarianism wholly consistent with Judaism, it may even be considered an imperative in this day of factory farming, environmental depletion, degenerating human health and worldwide hunger. Beginning, as is fitting, with the Scriptures (particularly the Torah), Schwartz takes his readers on a tour of the Bible from a vegetarian point of view.

I have read this book thoroughly, and I think it is the most informative, most complete and most readable book about vegetarianism I have ever read. The book is very well structured, the information given is presented clearly and is up to date. Since I am a vegan, I have paid extra attention to what is being said about veganism, and I found the author is objective, accurate and gives sound advice. The B12 issue is dealt with in a responsible manner and I think it is very wise to present the transition to vegetarianism and from there to veganism as a process of growth, where every step counts. The author gives many practical suggestions on how to make changes in your lifestyle without losing touch with family or friends and manages to be firm and friendly at the same time. These things alone make the book a purchase well worth the investment. For me, however, the particular merit of the book lies in the spiritual values that have inspired it. Reading the book from a non-Jewish perspective, what struck me most was that the author has chosen focal points which are relevant to people from all kinds of different backgrounds, Jews, Muslims, Christians, Hindus, Buddhists and people who are not religious in the 'traditional' sense. In short, all those who are concerned about the way we relate to our environment from a spiritual point of view. The first focal point is that ethical considerations are more important than habit, convenience, or tradition, and the second is that there will be a price to pay if we chose to ignore the ethical imperative to change our ways. There are many books explaining why it is better for your body to become a vegetarian; there are not many books explaining why it is better for your soul.

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