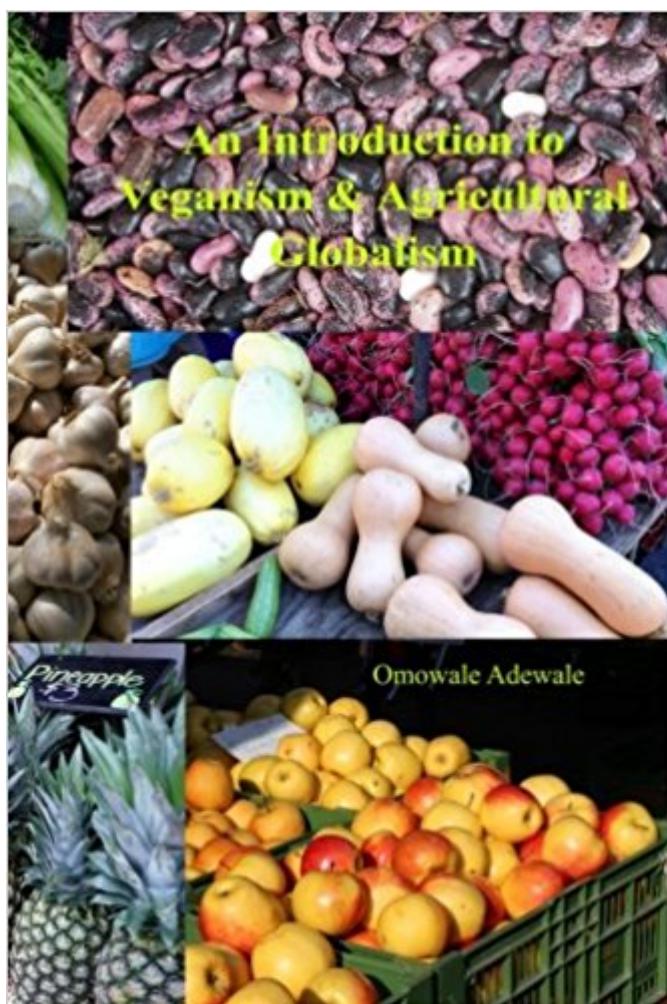


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# An Introduction To Veganism And Agricultural Globalism



## **Synopsis**

In this helpful vegan guide and cookbook with various recipes, including smoothies and a detox juice, MaRLI scholar and champion boxer Omowale delves deep beyond cooking class to uncover the dirt about the United States' global plan to work with Monsanto to sell GMO crops to Africa, Asia, Europe, Latin America, Australia and the entire world. Along the way, he gives insight into phytoestrogens and soy, while helping readers learn where vegans can easily obtain their protein and vitamin B12. Whether you're a transitioning vegan, bodybuilder or a political enthusiast, the book touches all the necessary points and returns full circle with a solution.

## **Book Information**

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## **Customer Reviews**

Omowale Adewale, born Lawrence James was born in Crown Heights, Brooklyn, NY. During his trip to Lagos, Nigeria in 2005 he was given the name by his friend and organizer Moyosore Akojenu. Moyosore passed in 2007. Omowale Adewale means the son has come home; the crown has returned. Omowale was a teen amateur bodybuilder finalist and two-time collegiate gold medalist at 18. He has competed at boxing, martial arts and mixed martial arts matches and tournaments. He won an amateur boxing belt in his mid-30's. Since the age of seven, Omowale was attracted to political change. Omowale had managed to work every level of local or State electoral campaign including campaign manager with an above average success rate without ever graduating from college. He worked in the NYS Assembly for six years. In 2001, after a year of fostering his vision of an artist union, recognizing the mistreatment of artists, Omowale spearheaded the Grassroots Artists MovEment (G.A.ME) with other organizers and artists. . The fledgling organization received

significant recognition in the organizing world and music industry, particularly, Hip-Hop. G.A.ME accomplished providing health care to artists for a short time and helped artists understand the politics of the music industry. Their change in adopting projects to help young people of color redefine themselves still blossom today. In 2004, Omowale's first published work was featured in Socialism & Democracy's 36th issue "Hip-Hop, Race and Cultural Politics." Last year, Omowale sought to help any and everyone become vegan through a host of media and communications with the #GoVeg2014 campaign. He resides in the city of New York with his wife and kids as a small urban farmer, trainer and community organizer. New York Public Library MaRLI research scholar FAR Fund Fellow for preventing violence against youth Union Square Award Recipient Foster Care Certified Mentor Certified Boxing Trainer Track & Field Champion Boxing Champion [www.omowale.org](http://www.omowale.org)

If you are not completely outraged by how our food system and the vulnerable farm workers across the globe are manipulated for profit, then you need to read this book again. Omowale Adewale does a good job in showing how profits determine the quality of our foods, without consideration for what the population wants or the detriment to our food supply. Omowale Adewale shows us that we can effect change by making conscious buying decisions and by feeding our families foods that are sustainable, whole and non-gmo, and by abstaining from eating meat altogether.

This book truly connected the dots between consuming vegan food and how food is produced, distributed and sometimes manipulated. The vegan recipes are excellent. The author really did a lot to dispel the myths about soy, supplements and where vegans get their protein. Omowale showed the readers that although you can make the switch to veganism the next step is becoming a more conscious consumer. Also, he does a great job illustrating how certain companies like Monsanto attempt to disrupt local farming around the world. I highly recommend this book to get the full picture of veganism and how food in general affects agriculture worldwide. I will be using this book to educate others since it is filled with invaluable with reputable sources.

Thank you Wale for this great introduction to veganism and for sharing your personal journey. I love how you discuss the intersectionality of food, capitalism, and systems of oppression. I also was happy to see easy recipes to get started. I enthusiastically recommend this book!

Excellent read!! As the mother of a 9 year old boy, I love that this book provides a lot of tips and

recipes that gets the entire family involved. My son loves cooking with me and has begun some of the workouts that were created for younger children as well. I wish this book was available years ago, when I first became a vegetarian. It is a great resource for those unaware of the benefits of adopting a vegan diet and/or are unsure of where to start. It took years for me to figure a lot of this out on my own. Omowale has done the research and compiled all the information you need to begin your journey to a healthier lifestyle.

I highly recommend this book as a tool for change. Omowale gives a personal account of his journey and breaks the vegan diet down so that it is the only rational choice for our health and the future of the planet. He answers the common questions vegans get about protein, what to eat and whether or not soy is harmful. By digging deeper into the global disaster that is industrial farming, Omowale addresses important issues that too often are left out of other books about veganism. Like other reviewers remarked, I thought the section on exercises for children was fantastic because it was simple and written from his own experience with his kids.

Seriously information packed! Easy, delicious recipes. Emphasis on being a better you for reasons way bigger than you. I expect great things from this writer.

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