



# Comfortably Unaware: What We Choose to Eat Is Killing Us and Our Planet

By Richard Oppenlander

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## Comfortably Unaware: What We Choose to Eat Is Killing Us and Our Planet By Richard Oppenlander

In *Comfortably Unaware*, Dr. Richard Oppenlander tackles the crucial issue of global depletion as it relates to food choice. We should all be committed, he tells us, to understanding the reality and consequences of our diet, the footprint it makes on our environment, and seek food products that are in the best interest of all living things. His forthright information and stark mental images are often disturbing-and that's how it should be. As the guardians of Planet Earth, we need to be shaken out of our complacency, to stop being comfortably unaware, and to understand the measures we must take to ensure the health and well-being of our planet-and of ourselves. Oppenlander

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*By Richard Oppenlander*

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### **Editorial Review**

#### **Review**

"Comfortably Unaware explains, so clearly, how what we choose to eat has a direct impact on the health of Planet Earth: how modern agro-business and our thoughtless appetites are, quite literally, destroying the environment and the future of our children. I urge you to read it, to think about its message, discuss it with your friends--and start to change the world, one bite, one meal, one diet at a time."

"As vegan diets gain popularity across the country for a way to improve health and the welfare of animals, it's no secret that the environmental effects of this diet can have a positive effect on our planet. Comfortably Unaware helps readers take a closer look at just this--how to heal the planet by changing what's on your plate. A health and environmental advocate for over 30 years, Dr. Oppenlander has long been inspiring change with his informative message. May his message inspire you."

Comfortably Unaware by Dr. Richard A. Oppenlander is a great book for anyone who wants to better understand the effect our eating habits have on the planet . . . If you care about our planet, and want to make a difference, this book is a must-read."

#### **About the Author**

Dr. Oppenlander has devoted his life to improving the health of our planet. Since 1976, he has extensively studied the effect our food choices have on our health and their immense impact on our environment. He is also president and founder of a sustainable organic food production business. He has been a featured guest appearing on radio shows, in newspapers, and in magazines, and speaks around the country about Global Depletion--the loss of our resources, food supply, and our own health.

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there are many kinds of book which exist now. The authors nowadays always try to improve their ability in writing, they also doing some study before they write on their book. One of them is this *Comfortably Unaware: What We Choose to Eat Is Killing Us and Our Planet*.

**Amanda Chatham:**

In this age globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The book that recommended to you personally is *Comfortably Unaware: What We Choose to Eat Is Killing Us and Our Planet* this guide consist a lot of the information with the condition of this world now. This kind of book was represented just how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. The writer made some investigation when he makes this book. Honestly, that is why this book suitable all of you.

**Susan Gaier:**

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