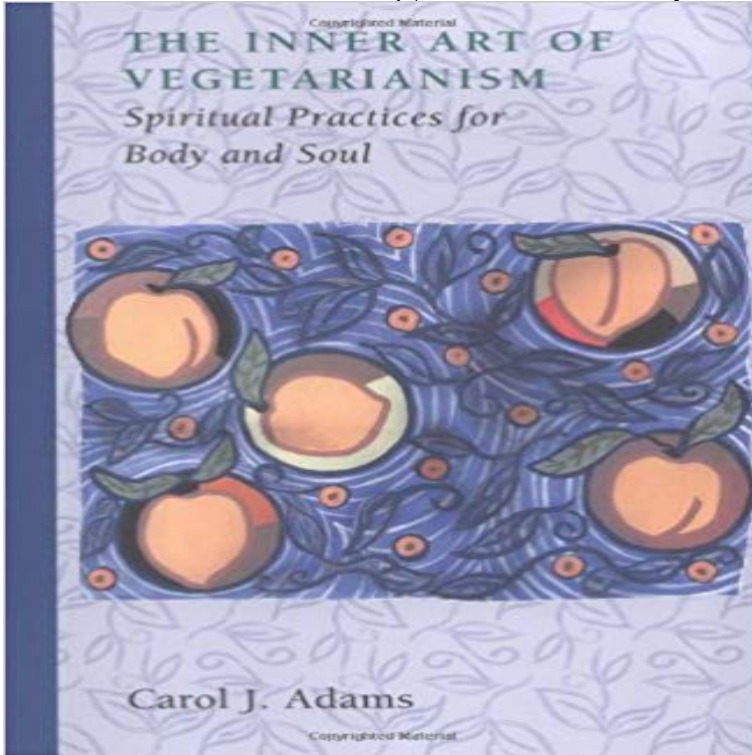


# The Inner Art of Vegetarianism: Spiritual Practices for Body and Soul



Carol Adams explores the inner life of spiritual growth with the outer life of practical compassion and examines the reasons why becoming a vegetarian is deeply wedded to spiritual practice. She shows how the practice of creating mindfulness and disciplining the mind meshes with becoming an activist for nonviolence, and reveals how in our busy and stressed-out world it is essential to sustain and replenish the soul through spiritual discipline. The Inner Art of Vegetarianism is an empowering book for all those who wish to have their soul nourished and follow the spiritual path of vegetarianism.

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