

Society of PEACE
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BOOK REVIEW

***THE WORLD PEACE DIET: Eating for
Spiritual Health and Social Harmony***

Written by: William Tuttle, Ph.D.

Published by: Lantern Books www.lanternbooks.com

Book reviewed by: Shirley Wilkes-Johnson

The World Peace Diet makes it clear that if we want to transform this world from a dangerous place to a world of peace then a vegan diet is not an option but is essential. This book seems Divinely inspired. Will Tuttle eloquently articulates what up to now has seemed almost impossible to express. From the point of the emerging spiritual view that all of creation is deeply and intimately connected we are gently and firmly led to understand that our world cannot help but reflect our most basic actions. When humans, who were apparently designed as plant eaters, not as flesh eaters, act as predators by confining and killing animals then our world reflects that by becoming a predatory place where no one is safe.

Merriam-Webster online dictionary defines predatory as inclined or intended to injure or exploit others for personal gain or profit. Google the word predatory and you will find thousands of references to predatory lenders. For people who have become ensnared by escalating credit card debt it is easy to understand that concept. It is not much of a stretch to see other large corporations as predatory in nature such as the military-industrial-meat-medical-media establishment of modern capitalism and its superstructure.

Dr. Tuttle exposes our Jungian cultural shadow self, the tremendous cruelty to animals that is kept hidden away in factory farming, slaughterhouses and behind the closed doors in medical research, to which we are accomplices, and its karmic implications. Over 50 Billion animals are enslaved, tortured and brutally slaughtered for food on this planet each year - animals who love their lives the same as we do. This is the foundation of violence on this planet and is our defining blind spot, Tuttle tells us. We are indoctrinated to participate in this and as brain washed people are known to do - we defend our brain washed ideas and defend the brain washers.

The book astoundingly links the dilemmas of our culture to the atrocities that are committed in today's factory farming practices in an eye opening manner and calls for a peaceful revolution, one in which, "We become a revolution of one, contributing to the foundation of a new world with every meal we eat. There is no action that more profoundly, radically, and positively embraces these revolutionary changes than adopting a plant-base diet for ethical reasons....It signifies the birth of a new consciousness, the resurrection of intelligence and compassion, and the basic rejection of cruelty and domination."

From the book: "To meditate for world peace, to pray for a better world, and to work for social justice and environmental protection while continuing to purchase the flesh, milk and eggs of horribly abused animals exposes a disconnect that is so fundamental that it renders our efforts absurd, hypocritical and doomed to certain failure."

Tuttle is a musician whose original piano music is widely acclaimed for its uniquely inspiring and healing qualities. I highly recommend that you go to his website <http://www.willtuttle.com/reviews.htm> and read some of the articles he has written and also read this book that has the power to change the world.

