



# Mind If I Order the Cheeseburger?: And Other Questions People Ask Vegans

*Sherry F. Colb*

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*What about plants? Don't animals eat other animals? There are no perfect vegans, so why bother?* If you're vegan, how many times have you been asked these, and other similarly challenging, questions from non-vegans?

Using humor and reason, Sherry F. Colb takes these questions at face value and also delves deeply into the motivations behind them, coming up with answers that are not only intelligent but insightful about human nature. Through examples, case studies, and clear-eyed logic, she provides arguments for everything from why veganism is compatible with the world's major religions to why vegetarianism is not enough. In the end, she shows how it is possible for vegans and non-vegans to engage in a mutually beneficial conversation without descending into counterproductive name-calling, and to work together to create a more hospitable world for human animals and non-human animals alike.

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"A rare fusion of passion and logic, idealism and pragmatism, style and substance, and in its measured confrontation of the most challenging questions vegans face a revolutionary guide for advocates seeking to engage the ethics of eating animals through authentic dialogue rather than bombastic rhetoric. Colb's literary touch is something to behold. She writes in a way that will appeal to non-vegans and vegans alike, building bridges across an all too turbulent divide. This is food writing at its best and food writing as it should be: honest, inclusive, inspirational, and, more than you might imagine, timely." **James McWilliams**, Professor of History, Texas State University, San Marcos, and author of *Just Food* and *The Politics of the Pasture*

"With compassion, humor, and eloquence, Sherry Colb provides a clear and engaging account of what motivates vegans to eat and live the way we do. A must-read for anyone who has ever wondered (or been asked) 'Why do vegans think it is okay to kill plants but not animals?' or 'Why avoid dairy and eggs?'" **Rory Freedman**, *New York Times* bestselling co-author of *Skinny Bitch* and author of *Beg*

"Sherry Colb provides thoughtful, articulate, intelligent answers to the commonly asked questions faced by every vegan. Intertwining information, reason, and her own personal experience, Colb offers an invaluable aid both for those answering the questions and for those posing them. The perfect companion!" **Colleen Patrick-Goudreau**, bestselling author and creator of *The 30-Day Vegan Challenge*

"A powerful, compelling, and thoroughly engaging defense of veganism from an absolutely terrific legal scholar." **Gary L. Francione**, Board of Governors Professor of Law and Katzenbach Distinguished Scholar of Law and Philosophy, Rutgers University, author of *Introduction to Animal Rights: Your Child or the Dog?*

"With crystal clear logic and an empathic voice, Sherry Colb has written a must-read source for anyone curious, skeptical, or downright antagonistic towards vegan living. This book is destined to be a classic of the emerging vegan oeuvre." **Jonathan Balcombe**, Ph.D., author of *The Exultant Ark*

"Full of thoughtful analyses of some of the most common, perplexing, and often challenging reactions to

vegans and veganism. Any vegan or vegetarian who has wished they'd had a more informed response to a question or challenge about their ideology?and anyone who wants to better understand some of the fundamental concepts of veganism?will benefit from reading Sherry Colb's in-depth exploration of the issues."?Melanie Joy, Ph.D., author of *Why We Love Dogs, Eat Pigs, and Wear Cows*

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