THINK! EAT! ACT!
A Sea Shepherd Chef’s Vegan Cookbook by RAFFAELLA TOLICETTI

The author is a cook for the Sea Shepherds—the subject of the Discovery Channel’s TV show Whale Wars.

Think, Eat, Act! is a cookbook of the vegan food prepared on Sea Shepherd ships on anti-whaling campaigns that are inspired by the necessity of talking both for the animals that are victims of human cruelty. This book uses food to show readers that every action has a consequence and by choosing a vegan diet we can eat delicious meals, by engaged in activism, and live well and compassionately.

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Comparable/Competitive Titles:
9781904859994 (AK Press) Another dinner is possible 24.95 2009
9781600940491 (Da Capo) Appetite for Reduction 19.95 2010
9780738212722 (Da Capo) Vegan Brunch 19.95 2009

“Not everybody can get on a ship for months on end and fight whaling fleets in the Southern Ocean like Raffa and the Sea Shepherds do, but you don’t have to go to Antarctica to make a difference in this world. Adopting a vegan or vegetarian diet means you can save just as many animals, if not more, by the choices you make three times a day. Raffa’s recipes make being vegan easy. They are healthy, nutritious and tasty.”
—Joanne Brookfield, Fairfax Media

An innovative book, including both food and activism, Think! Eat! Act! not only recipes but information about current vegan activist campaigns going on around the world.

After a degree in political science in Rome, Raffaella Tolicetti joined Sea Shepherd as a vegan cook in July 2010. Since then she has participated in three Antarctica anti-whaling campaigns, one Faroe campaign against the grind of pilot whales and one bluefin tuna defense campaign in the Mediterranean. She has been chief cook on board three different ships, the Steve Irwin, the Bob Barker and now the Sam Simon. Raffa has been vegan for over three years and was vegetarian for another four before that, although she thinks she was born vegetarian and forced fed meat and fish and eggs and milk.

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