



Be A Vegetarian

By Arun Kumar Jain

2008. Hardcover. Book Condition: New. 300 This book, written in simple language, deals with various aspects of vegetarianism and tries to answer the questions that are commonly asked by people about the pros and cons of particular dietary habit. Various myths are busted related to vegetarianism and it emerges as the preferential choice of modern educated responsible citizen as the proceeds. Health, religious, economical, historical and ethical aspects of vegetarianism are discussed extensively. About The Author:- ARUN KUMAR JAIN born on 17th OCT. 1951, his ancestors belonged to the village of Binauli, Barauth. Hailing from a jain family, he was given vegetarianism as legacy. After passing from Jain School, Darya Ganj, he entered Delhi College of Engineering, something that opened new vistas for him, with friends who came from all walks of life and indirectly persuaded him for introspection of his own values. The more he introspected and analyzed the more fervent he became in his practices but now enlightened. This lit up a desire to spread words about vegetarianism. However, the entanglements of life prevented him for so long to accomplish his desire but now. He is well known in his political and social circle for his writings which...



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Reviews

This book is indeed gripping and interesting. It really is rally exciting through studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.

-- **Aisha Lemke**

Simply no words to explain. It really is basic but shocks from the fifty percent of the ebook. I am just happy to explain how this is the finest pdf we have read within my personal life and could be he best ebook for possibly.

-- **Blair Monahan**