



Diet For Transcendence: Vegetarianism and the World Religions

By Steven Rosen



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"Steven Rosen takes us on a fascinating journey back in time to explore the essential and often misunderstood roots of the world's major religious traditions, to discover how vegetarianism was a cherished part of their philosophy and practice." Nathaniel Altman, Author, Animal Liberation

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Editorial Review

About the Author

For the past 25 years, Steven Rosen has been both a devout vegetarian and an eloquent advocate of the vegetarian ideal. His articles and books have appeared in several languages and he is a frequent contributor to such publications as Vegetarian Times, The Minaret and Back to Godhead. Steve is a freelance writer and author of 11 books.

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