



Comfortably Unaware - Global depletion and food responsibility... What you choose to eat

Richard A. Oppenlander

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Comfortably Unaware will open your eyes to the global effects of your food choices and--hopefully--will encourage you to make a difference.

In *Comfortably Unaware*, Dr. Richard Oppenlander tackles the crucial issue of "global depletion" as it relates to food choice. His forthright information and stark mental images are often disturbing--and that's how it should be. As the guardians of Planet Earth, we need to be shaken out of our complacency, to stop being "comfortably unaware," and to understand the measures we must take to ensure the health and well-being of our planet--and of ourselves.

Oppenlander breaks down the information in easy-to-read chapters that touch on issues ranging from the rainforests ("depleting the lungs of our planet"), to water and oceans, to the air we breathe. His fresh insight on this suppressed, and often controversial, topic goes well beyond the now-familiar warnings about "global warming." His information is essential reading; he provides entirely new perspectives on our culture and how this global crisis reached such startling proportions, as well as--most important--how to solve the problem.

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