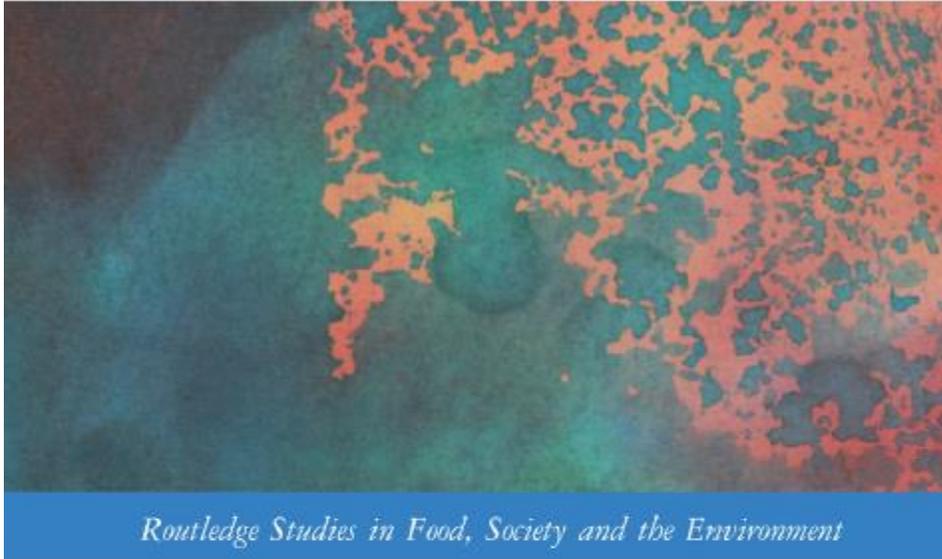


Press Release

Just released from Routledge publishers: ***Plant-Based Diets for Succulence and Sustainability, 1st Edition***



PLANT-BASED DIETS FOR SUCCULENCE AND SUSTAINABILITY

Edited by
Kathleen May Kevany

This collection takes an interdisciplinary look at how the transformation towards plant-based diets is becoming more culturally acceptable, economically accessible, technically available and politically viable. We offer strategies for achieving sustainable food systems without having to forgo succulence, sensuality and sacredness of food.

Shifting food systems is one of humanity's biggest challenges and greatest opportunities. This book explores adaptable and health-promoting plant-based diets, which by their nature can support nourishing environmental, social, ethical, political, and economic outcomes. In this book, detailed descriptions are provided of what constitutes a healthy plant-based diet and active lifestyle. Readers are invited to engage with a community of practitioners delving more deeply into strategies for transitioning societies to greater succulence and sustainability. Environmental challenges and opportunities for reversing climate change are highlighted as our most urgent action.

This book examines impacts of global food systems and the intersections that are undermining human and animal health. Our preventative and practical approaches encourage reorienting systems of law, economics and education to exemplify integrity, coordination, coherence and compassion. This is an important story of our time and this work would

be of interest to students and academics, as well as policy professionals in all fields engaging with complex issues and systems analyses. It will be of value to those working in health services, policy development, agriculture, economic development, and social change as it provides steps to enhance well-being, pathways to increase jobs in the green economy, and practical ideas to reverse greenhouse gas emissions. It may also be a superb guide for individuals and families looking to become *vibrant eaters and leaders*.

Quotes from Dr. Kathleen Kevany on *Plant-Based Diets for Succulence and Sustainability, 1st Edition*

“If plant-rich diets are proving to be most advantageous on many counts, should they not become the default of our food systems?”

“We are providing a fact-based and engaging compilation to ignite imagination that is proving to increase health and conscious consumption and prevent suffering and environmental harm.”

Brief biography

Dr. Kathleen Kevany is a Canadian expert on sustainable diets and plant-rich living and works on issues of well-being and relationships, particularly in rural setting. She is frequently called upon as a speaker and researcher on plant-based approaches. To shift systems to plant-rich living, she works with a strong international network of colleagues, in Turkey, Spain, England, Ireland, The Netherlands, New Zealand, Dominica, St. Vincent and the Grenadines, USA and Canada. She is the author of many articles, book chapters and a new book released September 2019 by Routledge entitled: ***Plant-based Diets for Succulence and Sustainability***. Dr. Kathleen Kevany is a Certified Psychotherapist and is completing Certification in Plant-based Nutrition from Cornell University. During her post-doctoral fellowship with United Nations University, her research portfolio focused on ways to advance the goals of the Decade of Education for Sustainable Development.