



# The World Peace Diet:

## Eating for Spiritual Health and Social Harmony

By Will Tuttle, Ph.D.

Published by Lantern Books, New York, NY  
Trade paperback, 336 pages, \$20.00

*The World Peace Diet* is the first book to explicitly make the invisible connections between our meals and our broad range of problems—psychological, social, and spiritual, as well as health and environmental. It offers powerful ways we can all experience healing and peace and contribute to a positive transformation of human consciousness.

If you want to understand the big picture of our culture and why we have the unyielding dilemmas we face, and how we can solve them, this book is for you.

*“Thought-provoking and recommended.”*

**Library Journal**

*“A profoundly insightful and important book, **The World Peace Diet** is sure to be a catalyst and powerful tool in the evolution of human consciousness.”*

**Satya Magazine**

*“**The World Peace Diet** is one of the most provocative books I’ve ever read. This is a deep book, aglow with insights that penetrate and expose the complacency of a culture that has strayed painfully far from compassion.”*

**John Robbins**, author, *Diet For A New America* and *The Food Revolution*

*“Will Tuttle brings a priceless perspective—not only to the planetary crisis confronting us all, but also to powerful ways we each can affect it. This book is radiant with his learning and his compassion.”*

**Dr. Joanna Macy**, author, *Coming Back to Life*

*“**The World Peace Diet** is one of those ‘necessary’ books. It is a necessary catalyst for the transformation of human consciousness as it evolves from the domination and exploitation mindset to a paradigm of communion, cooperation, and reverence for all life.”*

**Judy Carman**, author, *Peace To All Beings*

*“I am grateful for this powerful and cogent book. It has stretched my thinking (and heart) about animals, compassion, and our society, and will probably be catalytic in furthering my personal growth.”*

**John Mackey**, founder and C.E.O., Whole Foods, Inc.

*“Profound, passionate—and ultimately hopeful and inspiring—Will Tuttle’s **The World Peace Diet** should be required reading for students everywhere—and for all people with inquiring minds and open hearts. I recommend it most highly.”*

**Michael Klaper, M.D.**, noted author, lecturer, and researcher

*“Everyone who works for peace will gain knowledge and draw inspiration from this fine book.”*

**Dr. Tom Regan**, author, *Empty Cages*

*“Complete, compassionate, and profound. You’ll never again take lightly the question ‘What’s for dinner?’”*

**Victoria Moran**, author, *Creating a Charmed Life*

*“**The World Peace Diet** has raised the bar in the understanding of the diet in the order of all life on planet Earth. Will Tuttle has struck a strong blow for the future of our children and grandchildren and you can too by reading this book.”*

**Howard F. Lyman**, author, *No More Bull!* and *Mad Cowboy*

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