

this is vegan propaganda

This Is Vegan Propaganda: Understanding the Conversation Around Plant-Based Movements

this is vegan propaganda—a phrase you might have heard tossed around in debates, social media threads, or casual conversations about diet and lifestyle choices. But what does it really mean? Is veganism just a form of propaganda, or is there more nuance to the movement advocating for plant-based living? This article will explore the phrase "this is vegan propaganda," unpack its implications, and delve into the broader conversation surrounding veganism, ethics, health, and environmental advocacy.

What Does “This Is Vegan Propaganda” Mean?

When people say "this is vegan propaganda," they're often expressing skepticism or frustration about the messaging tactics used to promote veganism. The term "propaganda" suggests that the information presented might be biased, exaggerated, or designed primarily to persuade rather than inform objectively. In this context, it usually refers to the way vegan advocates highlight certain facts about animal agriculture, environmental impacts, or health benefits to encourage others to adopt a vegan lifestyle.

Why Some View Vegan Messaging as Propaganda

Critics sometimes claim that vegan campaigns:

- Overstate the environmental damage caused by animal farming.
- Downplay the nutritional challenges of adopting a vegan diet.
- Use emotionally charged imagery to influence people's choices.
- Ignore cultural or socioeconomic factors related to food access.

These points often fuel the argument that "this is vegan propaganda" is a way to dismiss or challenge the movement's credibility.

The Role of Vegan Advocacy in Shaping Public Opinion

It's important to recognize that all advocacy movements use persuasive communication to further their goals. Veganism, like many social causes, employs storytelling, statistics, and visuals to raise awareness about animal welfare, climate change, and human health. Whether you agree or not, these efforts have undeniably influenced consumer behavior and public policy in recent years.

Key Messages in Vegan Advocacy

Vegan activists often focus on three main pillars:

1. **Animal Rights:** Highlighting the ethical concerns around factory farming and animal suffering.
2. **Environmental Impact:** Emphasizing how livestock production contributes to greenhouse gas emissions, deforestation, and water use.
3. **Health Benefits:** Promoting plant-based diets as a way to reduce risks of chronic diseases like heart disease, diabetes, and certain cancers.

While some may label these messages as propaganda, they are grounded in scientific research and ethical reasoning. The challenge lies in how these messages are communicated and perceived.

Debunking Common Misconceptions About Veganism

One reason "this is vegan propaganda" gets used is because of misunderstandings or myths around vegan diets. Let's break down a few common misconceptions:

Myth 1: Vegan Diets Lack Protein

Many people worry that cutting out animal products means missing out on essential protein. However, plant-based sources like beans, lentils, tofu, tempeh, quinoa, nuts, and seeds provide ample protein. Combining a variety of these foods ensures all essential amino acids are consumed.

Myth 2: Veganism Is Expensive and Inaccessible

While specialty vegan products can be pricey, a whole-food, plant-based diet centered around grains, legumes, vegetables, and fruits can be affordable. Community gardens, farmers' markets, and budget-friendly meal planning make veganism attainable for many.

Myth 3: Veganism Is Only About Food

Veganism extends beyond diet. It's a lifestyle choice that seeks to avoid animal exploitation in clothing, cosmetics, entertainment, and more. This broader ethical scope is sometimes overlooked in debates focused solely on food.

Why the Phrase “This Is Vegan Propaganda” Resonates

The rise of plant-based diets has challenged longstanding cultural norms about food and industry. For some, this creates a defensive reaction, especially when confronted with graphic images or facts about animal agriculture. Labeling vegan messages as propaganda can be a way to reject what feels like pressure or judgment.

The Psychological Aspect

Humans tend to resist change, especially when it threatens traditions or identity. Vegan advocacy asks people to rethink deeply ingrained habits—something that naturally triggers discomfort or denial. Calling it "propaganda" can be a coping mechanism to maintain the status quo.

The Media’s Role

Media outlets sometimes sensationalize both veganism and its critics, framing the conversation as a battle rather than a dialogue. This polarization can amplify the perception that vegan messages are one-sided or manipulative.

How to Navigate Conversations About Veganism Without Dismissing Concerns

Whether you’re vegan, considering the lifestyle, or skeptical of it, approaching the topic with empathy and openness is key. Here are some tips to engage thoughtfully:

- **Listen Actively:** Understand why someone chooses veganism beyond just health or environment—often, ethics play a big role.
- **Ask Questions:** Instead of labeling messages as propaganda, seek clarity. What evidence supports their claims? Are there nuances?
- **Share Personal Experiences:** Conversations grounded in personal stories tend to be more relatable and less confrontational.
- **Recognize Biases:** Everyone has biases, including vegans and critics. Being aware allows for more balanced discussions.

The Bigger Picture: Veganism as Part of a Global Movement

Veganism is intertwined with larger issues — climate change, global food security, animal welfare, and social justice. Calling it "propaganda" might oversimplify a complex and evolving dialogue about how humanity relates to food, animals, and the planet.

Environmental Urgency

Scientific reports from organizations like the United Nations highlight the significant role livestock farming plays in greenhouse gas emissions. Transitioning to more plant-based diets is one strategy among many to mitigate environmental damage.

Ethical Considerations

For many, veganism is a moral stance against animal cruelty and exploitation. This perspective challenges societies to rethink food production systems that prioritize efficiency over compassion.

Health Trends

Research continues to explore the health impacts of plant-based diets. While not a miracle cure, many studies suggest benefits in reducing risks for various chronic illnesses.

The phrase "this is vegan propaganda" often misses these broader connections, focusing instead on isolated arguments or emotional reactions.

In the end, whether you embrace veganism, critique it, or fall somewhere in between, understanding the motivations behind the movement—and the reasons why some might call it "propaganda"—is essential. Open, respectful conversations can cut through the noise and help everyone make informed choices about their diets, lifestyles, and values.

Frequently Asked Questions

What is meant by the phrase 'this is vegan propaganda'?

The phrase 'this is vegan propaganda' is often used to describe content or messaging that promotes veganism in a way perceived as biased or overly persuasive, sometimes suggesting an agenda to influence people's dietary choices.

Why do some people refer to vegan campaigns as propaganda?

Some people use the term 'propaganda' to describe vegan campaigns because they believe the messaging exaggerates benefits or downplays challenges of veganism, aiming to sway public opinion rather than present balanced information.

Is 'this is vegan propaganda' a common criticism of veganism?

Yes, it is a common criticism from individuals who feel that vegan advocacy is aggressively marketed or that it pressures people to adopt vegan lifestyles without acknowledging personal or cultural differences.

How do vegan advocates respond to claims of propaganda?

Vegan advocates often argue that their messaging is based on scientific evidence related to health, environmental sustainability, and animal welfare, and that raising awareness should not be labeled as propaganda.

Can 'this is vegan propaganda' be used humorously or ironically?

Yes, the phrase is sometimes used humorously or ironically within vegan communities or by critics to acknowledge the strong promotional nature of vegan messaging in a lighthearted way.

What impact does labeling vegan information as propaganda have on public perception?

Labeling vegan information as propaganda can create skepticism and resistance, potentially hindering open dialogue about the benefits and challenges of veganism.

How can one distinguish between vegan advocacy and propaganda?

Distinguishing between advocacy and propaganda involves evaluating the accuracy, balance, and intent of the message—advocacy aims to inform and persuade based on evidence, while propaganda often involves biased, one-sided information intended to manipulate.

Additional Resources

****This Is Vegan Propaganda: An Investigative Review of Modern Vegan Messaging****

this is vegan propaganda — a phrase that has surfaced increasingly in discussions surrounding plant-based diets, environmental activism, and animal welfare campaigns. The term encapsulates a growing skepticism about the motives, methods, and messages propagated by proponents of veganism. As veganism has moved from a fringe lifestyle choice to a mainstream social movement,

its messaging strategies have also evolved, prompting scrutiny and debate over whether some campaigns cross the line from informative advocacy into propaganda.

This article seeks to dissect the concept of "vegan propaganda" through a professional and investigative lens. We will explore the nature of vegan messaging, its impact on public perception, the role of media and marketing, and the broader implications for consumer behavior and policy. By analyzing the narratives and tactics used within vegan advocacy, we aim to offer a balanced perspective on what constitutes persuasive communication versus manipulative propaganda in this context.

Understanding Vegan Propaganda: Definitions and Context

The word "propaganda" typically refers to information, especially biased or misleading in nature, used to promote a political cause or point of view. When paired with veganism, it suggests a deliberate effort to influence opinions and behaviors by emphasizing certain facts while downplaying others. However, distinguishing between genuine advocacy and propaganda requires nuanced consideration of intent, content accuracy, and dissemination methods.

In recent years, vegan advocacy has intensified alongside rising concerns about climate change, animal rights, and human health. Campaigns often highlight the environmental impact of animal agriculture, ethical issues surrounding animal slaughter, and the health benefits of plant-based diets. These messages sometimes employ emotional imagery, selective statistics, and moral imperatives that critics label as "vegan propaganda."

The Rise of Vegan Messaging in Media and Advertising

The proliferation of social media platforms and digital marketing has allowed vegan advocates to reach wider audiences than ever before. Influential figures, non-profits, and corporations have embraced vegan messaging, producing documentaries, viral videos, and ad campaigns designed to shift public attitudes and consumer habits.

This increase in visibility has drawn accusations of "vegan propaganda" from some quarters. Critics argue that certain campaigns exaggerate claims or present a one-sided view, potentially alienating non-vegans or oversimplifying complex issues like nutrition and sustainability. For example, slogans such as "Meat is murder" or "Eating animals destroys the planet" are powerful but can be perceived as emotionally charged or reductive.

Analyzing the Content and Techniques of Vegan Propaganda

To assess whether vegan messaging qualifies as propaganda, it is necessary to examine specific features commonly associated with propagandistic communication:

- **Emotional Appeal:** Many vegan campaigns leverage emotional storytelling, including graphic images of animal suffering or dramatic portrayals of environmental degradation.
- **Selective Use of Data:** Some messages emphasize the environmental footprint of animal agriculture while minimizing or ignoring the challenges of plant-based food production.
- **Polarization:** Messaging often sets up a dichotomy between "good" vegans and "bad" meat-eaters, which can foster social division rather than constructive dialogue.
- **Repetition and Simplification:** Repeated slogans and simplified narratives help embed ideas but may gloss over scientific complexities.

While these techniques are common in many advocacy movements, their presence in vegan messaging fuels the debate over whether it crosses into propaganda territory. Advocates argue that such methods are necessary to counter entrenched cultural norms and misinformation about diet and health.

Environmental Claims: Fact or Exaggeration?

One of the most prevalent themes in vegan campaigns is the environmental impact of animal-based food systems. Studies like those published by the United Nations' Food and Agriculture Organization estimate that livestock contributes approximately 14.5% of global greenhouse gas emissions. Vegan advocates use this data to promote plant-based diets as a solution to climate change.

However, the complexity of environmental science means that these statistics require contextualization. Crop production for plant-based foods can also involve significant land use, water consumption, and pesticide application. Moreover, regenerative grazing and sustainable livestock systems can offer environmental benefits. Critics of vegan messaging argue that some campaigns oversimplify these nuances, presenting a black-and-white narrative that may mislead rather than inform.

Health Implications and Nutritional Accuracy

Health is another cornerstone of vegan advocacy, with claims that plant-based diets reduce risks of heart disease, diabetes, and certain cancers. Scientific studies support many of these assertions, yet debates continue over the sufficiency of vegan diets in providing essential nutrients such as vitamin B12, iron, and omega-3 fatty acids.

Accusations of "vegan propaganda" often arise when health claims are made without acknowledging potential nutritional challenges or the need for proper dietary planning. Balanced communication involves recognizing both the benefits and limitations of vegan diets, encouraging informed choices rather than dogmatic adherence.

Impact of Vegan Propaganda on Society and Consumer Behavior

The effectiveness of vegan messaging, whether propagandistic or not, is evident in the rising popularity of plant-based products. Market research reports indicate substantial growth in vegan and vegetarian food sales globally, driven in part by shifting consumer values and increased awareness.

However, the framing of veganism as a moral imperative or social movement has also sparked backlash. Some consumers feel alienated by aggressive campaigns, perceiving them as judgmental or intolerant. This polarization can hinder constructive conversations about sustainable food systems and personal health.

Balancing Advocacy with Ethical Communication

The challenge for vegan advocates lies in promoting their message without compromising credibility or fostering division. Ethical communication involves transparency, respect for differing viewpoints, and acknowledgment of complexities within food systems. Striving for balance can help ensure that advocacy remains persuasive rather than propagandistic.

Conclusion: Navigating the Line Between Advocacy and Propaganda

The phrase **this is vegan propaganda** captures a real tension in contemporary discourse on diet and sustainability. While vegan messaging often employs persuasive techniques that resemble propaganda, it also serves an important role in raising awareness about critical issues affecting health, animals, and the environment.

Ultimately, the distinction depends on the intent behind the message, the accuracy and completeness of the information presented, and the openness to dialogue and debate. As veganism continues to influence cultural and consumer landscapes, fostering informed and respectful communication will be essential in shaping a more inclusive and sustainable future.

[This Is Vegan Propaganda](#)

this is vegan propaganda: This Is Vegan Propaganda Ed Winters, 2022-01-06 Our choices can help alleviate the most pressing issues we face today: the climate crisis, infectious and chronic diseases, human exploitation and, of course, non-human exploitation. Undeniably, these issues can be uncomfortable to learn about but the benefits of doing so cannot be overstated. It is quite literally a matter of life and death. Through exploring the major ways that our current system of animal farming affects the world around us, as well as the cultural and psychological factors that drive our behaviours, This Is Vegan Propaganda answers the pressing question, is there a better way? Whether you are a vegan already or curious to learn more, this book will show you the other side of

the story that has been hidden for far too long. Based on years of research and conversations with slaughterhouse workers and farmers, to animal rights philosophers, environmentalists and everyday consumers, vegan educator and public speaker Ed Winters will give you the knowledge to understand the true scale and enormity of the issues at stake. *This Is Vegan Propaganda* is the empowering and groundbreaking book on veganism that everyone, vegan and sceptic alike, needs to read.

this is vegan propaganda: Summary of Ed Winters's *This Is Vegan Propaganda* Everest Media,, 2022-03-23T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 As children, we are unable to understand the dangers of the world, so we accept at face value what we are told by our parents and authority figures. From an evolutionary perspective, this makes sense. #2 The most important question we should ask ourselves is whether or not we are morally justified in exploiting animals. By living this way, we fail to consider the most important question. #3 The question of whether or not to eat animal products is ultimately an ethical one. The best argument for going vegan is that it is the right thing to do, based on what most people consider to be the values that they should live by. #4 I was a self-proclaimed KFC addict. I enjoyed eating at KFC, and it formed a large part of my identity. But I began to realize that my values weren't in alignment with my actions. I wasn't alone.

this is vegan propaganda: *The Imperfect Vegan* Cat White, 2023-11-01 Finalist - American Writing Awards 2023, (3 categories) Gold Winner - Literary Titan Awards, Dec 2023 Bronze Winner - Reader Views, Mar 2024 Short List - Chanticleer Instructional & Insightful How-To Guides, 2023 "A unique fresh approach to why we ought to be reducing our consumption of meat, fish, and dairy products" ~ Patrick Finnegan, makers of documentary *Eating Our Way to Extinction* (2021) "Everyone—vegan and non-vegan alike—who cares about our fate and the planet should read this book" ~ Emma Megan, Reader's Favorite *** Can one imperfect choice help save the planet? Absolutely. *The Imperfect Vegan* is your ultimate guide to making a meaningful impact without striving for perfection. Whether you're curious about veganism, overwhelmed by climate change, or simply looking for a way to align your values with your actions, this book is here to help. Cat White takes you on a journey that's relatable, inspiring, and backed by research. From uncovering the shocking truths of the animal industry to sharing practical tips for incorporating plant-based choices into your life, this book proves that small, manageable changes can create a ripple effect of transformation—for you and the world around you. With humour, heart, and a non-judgmental approach, White reminds us that the planet doesn't need a handful of perfect vegans; it needs millions of people doing their best. Packed with evidence-based insights, real-life stories, and actionable advice, *The Imperfect Vegan* will empower you to take the first step, no matter where you're starting from. Ready to make a difference? Start your imperfect vegan journey today.

this is vegan propaganda: *The Impactful Vegan* Robert Cheeke, 2024-06-25 From New York Times bestselling author Robert Cheeke comes a new way of thinking about helping animals and the environment—and making the biggest impact possible with the resources already available to you. When it comes to reducing animal suffering, many people aren't sure where to start or which options are most beneficial. Charitable donations? Volunteer work? Dining at vegan restaurants? Meatless Monday? But the truth is that you have far more power than you think to make a real difference. Inspired by the effective altruism movement, *The Impactful Vegan* teaches readers how to audit their impact and follow methods that have been scrutinized, evaluated, and determined to do the most good for animals. From trusted vegan activist and motivational speaker Robert Cheeke, this in-depth guide will show you just how easy it is to help animals and protect the Earth, by breaking down: How to identify the best organizations and volunteer efforts Why supporting for-profit vegan businesses is vital Why some approaches to promoting animal rights and veganism aren't helpful, and in fact, could be harmful for animals, despite best intentions How to choose a career path that aligns with your values and helps you meet your goals How influencers can build a personal brand and leverage it to promote veganism Some of these actions are easier and more important than one might think, and armed with this knowledge you can put your ethics into action. This book will help

you help animals every day.

this is vegan propaganda: The Plant-based and Vegan Handbook Yanoula Athanassakis, Renan Larue, William O'Donohue, 2024-09-17 The Plant-based and Vegan Handbook is the first of its kind to bring together interlocking – and sometimes conflicting – perspectives focused on veganism and plant-based living. As an interdisciplinary volume the noted contributors are from the fields of medicine, psychiatry, environmental studies, sociology, marine ecology, philosophy, agriculture, psychology, animal studies, religion, economics, literature, business, and law. Despite a range of individual preferences, these authors advance a scientific argument for a societal move away from the current model of human and nonhuman animal relationships. In our Anthropocene era experts not only debate about how human beings will survive on Earth, but more particularly are more concerned with how they will thrive. As evidenced by the authors in this collection, it will involve a reconsideration of the way our species relates to the planet and to other species. This volume can serve as a critical reference work, especially for students and scholars working in both emerging and established fields such as psychology, medicine, animal studies, food studies, environmental studies, philosophy, animal ethics, and marine ecology.

this is vegan propaganda: MERCH BY AMAZON als Start ins Unternehmertum Olav Schürmann, Ties Lange, 2018-04-19 Dieses Buch ist der einfache Einstieg in die Welt von Merch by Amazon und dem Verkauf von T-Shirts im Internet. Geschrieben wurde das Buch von zwei Insidern, die bereits erfolgreich bei Merch by Amazon verkaufen. Der Inhalt kommt direkt aus der täglichen und erprobten Praxis. Erfahre in diesem Buch, wie Du ein erfolgreiches Business bei Merch by Amazon aufbaust.

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- Im didaktisch-theoretischen Teil werden die für einen kompetenzorientierten Unterricht relevanten Konzepte entwickelt und dargestellt.
- Im Praxisteil stellt der Band themenorientierte Unterrichtsbeispiele für alle Stufen vom Beginn der Sekundarstufe I bis zum Abitur vor, die auch die gängigen Arbeitsbereiche des Englischunterrichts abdecken (von den Skills über generische Formen bis hin zur Arbeit mit literarischen und anderen Texten).
- Unterrichtsvorschläge zeigen, wie Kompetenzen durch komplexe Aufgaben angebahnt und entwickelt werden und wie man das Erreichen der gewünschten Ziele überprüfen und bewerten kann.
- Zugleich erfahren Sie, aus welchen Elementen, Bausteinen und Unterstützungsangeboten eine komplexe Aufgabe bestehen muss, die von den Lernenden in möglichst großer Selbständigkeit bearbeitet werden soll.
- Dabei wird auch dem unterschiedlichen Differenzierungsbedarf in heterogenen Lerngruppen Rechnung getragen.
- Eine eigene Einheit widmet sich speziell den Kompetenzen für die Berufs- und Arbeitswelt. Komplexe Aufgaben sind kein Sonderfall des Englischunterrichts! Nicht zuletzt durch Beispiele ihrer Integration in das Lehrwerk wird deutlich, dass die Arbeit mit komplexen Kompetenzaufgaben der Normalfall eines ganzheitlichen, am Ziel der fremdsprachigen Diskursfähigkeit orientierten Unterrichts sein kann. Eine Publikation der Klett Akademie für Fremdsprachendidaktik. Weitere Informationen finden Sie unter www.klett-akademie.de

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this is vegan propaganda: *The Mandarin Effect: The Crisis of Meaning* Joe Dixon, 2019-12 Are you struggling to find meaning in your life? Then you are a victim of the Mandarin Effect. This is one of the most sinister features of the modern world, and is being highlighted here for the first time. The force that most contributes to the crisis of meaning is the last one you would expect. Who are the Mandarins and how are they ruining the world? What can be done about them? Who are the small group that can combat the Mandarins, and why have they been airbrushed out of history, as if they never existed? Come inside and read the extraordinary story of a hidden war that is shaping the destiny of the human race. Humanity is currently losing. But, thanks to one group, hope is not yet extinguished.

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this is vegan propaganda: *The Truth About Men and Women* Conrad Riker, Are you tired of being told that men are privileged oppressors and women are helpless victims? Are you confused by the constant contradictions in the media about male and female roles? If so, then this book is for you. *The Truth About Men and Women: Debunking Feminism's Lies* takes an unflinching look at the scientific, biological, and historical evidence to expose the lies and misconceptions perpetuated by mainstream feminism. 1. Discover the real biological differences between men and women that have been ignored or denied by society. 2. Explore the origins of the feminist movement and its negative impact on men's rights. 3. Uncover the truth about the wage gap myth and the statistical manipulations that perpetuate it. 4. Learn about the true nature of domestic violence and who the real victims are. 5. Examine the systematic disadvantages faced by boys in the modern education system. 6. Understand how feminism has contributed to the decline of the nuclear family, leaving children without fathers. 7. Recognize the ways in which society views and treats men as disposable. 8. Explore the reversal of the sexual dynamic between men and women, where men are now sexually objectified. If you want to fight back against the lies and misconceptions about men and women, then buy this book today. Together, we can create a more balanced and fair society for everyone.

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Diet—They Weaponized Hunger. Now It's Your Turn. Tired of diets that leave you hungry, weak, and dependent? Fear diabetes, autoimmune disorders, or a life medicated by Big Pharma? What if the cure for modern weakness wasn't eating more—but strategically eating less? 1. Trigger cellular survival mode to incinerate fat and reverse aging. 2. Slash diabetes risk by 50% using a 15-minute daily fasting hack. 3. Boost testosterone 20% by cutting three common estrogenic foods. 4. Learn why Victorian laborers outlived gluttonous aristocrats by decades. 5. Adopt the exact meal timing used by C.E.O.s and Special Forces for razor focus. 6. Reset autoimmune disorders in 72 hours with a knight's fasting protocol. 7. Replace vulnerability with primal mental clarity—no pills, no therapy. 8. Discover why women biologically can't follow this system (and shouldn't try). If you want to dominate modern life, bury chronic disease, and add decades to your lifespan—buy this book TODAY.

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this is vegan propaganda: Lost Kingdom: Animal Death in the Anthropocene Wendy A. Wiseman, Burak Kesgin, 2024-03-12 The authors in 'Lost Kingdom' grapple with both the catastrophe of mass animal extinction, in which the panoply of earthly life is in the accelerating process of disappearing, and with the mass death of industrial animal agriculture. Both forms of anthropogenic violence against animals cast the Anthropocene as an era of criminality and loss driven by boundless human exceptionalism, forcing a reckoning with and an urgent reimagining of human-animal relations. Without the sleights of hand that would lump "humanity" into a singular Anthropolos of the Anthropocene, the authors recognize the differential nature of human impacts on animal life and the biosphere as a whole, while affirming the complexity of animal worlds and their profound imbrications in human cultures, societies, and industries. Confronting the reality of the Sixth Mass Extinction and mass animal death requires forms of narrativity that draw on traditional genres and disciplines, while signaling a radical break with modern temporalities and norms. Chapters in this volume reflect this challenge, while embodying the interdisciplinary nature of inquiry into non-human animality at the edge of the abyss—historiography, cultural anthropology, post-colonial studies, literary criticism, critical animal studies, ethics, religious studies, Anthropocene studies, and extinction studies entwine to illuminate what is arguably the greatest crisis, for all creatures, in the past 65 million years.

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