

## Vegetarian In Progress

*This Month's Recommendations*

### Documentary:

[Forks Over Knives](#)  
What a vegetarian diet can do for you.

### Products:



*The most violent weapon on earth is the table fork.*  
*Mahatma Gandhi*

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# Compassionate Carnivores

VIP Monthly Newsletter

October 2019

## Test Your Cognitive Dissonance

**What is Cognitive Dissonance?** Knowing some information and, for some reason, even subconsciously, not doing what you know is right. Put another way, it's when our behavior doesn't match our beliefs.

### Quiz:

- Are you aware of what animals endure to get to the plate?  
A. I'm very aware      b. I'm somewhat aware and want to know more  
c. I don't have a clue and don't care to know
- Is it difficult to think about the fact that there's a former sentient being on your plate?  
A. Yes, it's difficult      b. I want to think more about it but don't  
c. I don't think about it
- What level of animal lover do you consider yourself to be:  
A. I love all animals      b. I love animals that I interact with  
c. I don't care too much for animals

The purpose of this quiz is to bring to light that most people who love animals, likely know what it takes for them to reach their plate, but don't think about it. If you had some mixed responses...

## This is Cognitive Dissonance

**Did you know?** Eating meat involves cognitive dissonance because the majority of people are against animal cruelty. In addition, eating meat adversely affects our environment and YOUR HEALTH.

### What you can do:

*If you care about YOU and the people you love: Watch the featured documentary, Forks over Knives to learn how to eat healthier for you, the environment and for the animals. It's a win-win-win..!*

**SAVE A COW AND TRY THE FEATURED BEYOND MEAT PRODUCTS.**

**THEY ARE EXCELLENT...!**

Please remember to buy only cage free eggs and pass this email to your mailing list.

Thank you! Lois [www.compassionate-carnivores.org](http://www.compassionate-carnivores.org)

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