

## ***The Mindful Carnivore* – Book summaries and publicity info**

### **Book basics**

- *The Mindful Carnivore: A Vegetarian's Hunt for Sustenance* by Tovar Cerulli ([www.tovarcerulli.com](http://www.tovarcerulli.com))
- Published 2/14/2012 by Pegasus Books; distributed by W. W. Norton
- Hardcover, 304 pages, US \$26.95/\$31.00 CAN; e-Books by Open Road Media
- ISBN 978-1-60598-277-9

### **Publicity basics**

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- Video trailer: [www.tovarcerulli.com/book/video-trailer](http://www.tovarcerulli.com/book/video-trailer); [www.youtube.com/watch?v=YGBeyvMNb4I](http://www.youtube.com/watch?v=YGBeyvMNb4I)
- Excerpt: [www.tovarcerulli.com/book/excerpt](http://www.tovarcerulli.com/book/excerpt)

### **30-word summary**

From the Vermont woods comes an unlikely and provocative journey from vegan to hunter. At once compassionate and probing, *The Mindful Carnivore* invites us to reconsider what it means to eat.

### **80-word summary**

From the Vermont woods comes an unlikely and provocative journey from vegan to hunter. Tracing the evolution of his dietary philosophy—from a fateful encounter with a brook trout to a rekindled relationship with the only hunter in his family—Cerulli's tale blends personal narrative with historical perspective. The book sets contemporary debates in context by looking back over our changing natural and cultural landscapes. At once compassionate and probing, *The Mindful Carnivore* invites us to reconsider what it means to eat.

### **270-word summary**

An unlikely and provocative journey from vegan to hunter. A meditation on the ethics and ecology of food. An adventurous quest for dinner.

As a boy, Tovar Cerulli spent his summers fishing for trout and hunting bullfrogs. At twenty, moved by the compassionate words of Buddhist teacher Thich Nhat Hanh and concerned about the ecological impacts of meat, he became a vegetarian. Soon he went vegan.

A decade later, in the face of declining health, he returned to omnivory. Searching for ethical, ecologically responsible ways to come to terms with his food, he began to contemplate the unthinkable: hunting. Two years later, he took up a deer rifle.

In this deeply personal narrative, Cerulli explores our most elemental relationship with nature: food. From a fateful encounter with a brook trout to a rekindled relationship with the only hunter in his family, he traces the evolution of his dietary philosophy. Contemplating vegetable gardens, farm fields, and deer woods with intellectual and emotional candor, he stalks both food and meaning.

Cerulli brings nuance to conversations often dominated by black-and-white thinking. He sets contemporary debates in context by looking back over centuries of history and delving into our changing natural and cultural landscapes. In place of moral certainties, he offers questions.

Can hunters and vegetarians be motivated by similar values and instincts? In this time of intensifying concern over ecological degradation and animal welfare, how do we make peace with the fact that, even in growing organic vegetables, life is sustained by death?

At once compassionate and probing, *The Mindful Carnivore* invites us to reconsider what it means to eat.