



# **Living the Farm Sanctuary Life: How to Eat Healthier, Live Longer, and Feel Better Every Day by Bringing Home the Happiest Place on Earth**

*Gene Baur, Gene Stone*

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Gene Baur, the cofounder and president of Farm Sanctuary, the nation's leading farm animal protection organization, knows that the key to happiness lies in aligning your beliefs with your actions. In this definitive vegan and animal-friendly lifestyle guide, he and Gene Stone, author of *Forks Over Knives*, explore the deeply transformative experience of visiting the sanctuary and its profound effects on people's lives. The book covers the basic tenets of Farm Sanctuary life—such as eating in harmony with your values, connecting with nature wherever you are, and reducing stress—and offers readers simple ways to incorporate these principles into their lives.

*Living the Farm Sanctuary Life* also teaches readers how to cook and eat the Farm Sanctuary way, with 100 extraordinarily delicious recipes selected by some of the organization's greatest fans—chefs and celebrities such as Chef AJ, Chloe Coscarelli, Emily Deschanel, and Moby. Coupled with heartwarming stories of the animals that Farm Sanctuary has saved over the years, as well as advice and ideas from some of the organization's biggest supporters, *Living the Farm Sanctuary Life* is an inspiring, practical book for readers looking to improve their whole lives and the lives of those around them—both two- and four-legged.

## **Living the Farm Sanctuary Life: How to Eat Healthier, Live Longer, and Feel Better Every Day by Bringing Home the Happiest Place on Earth Details**

Date : Published April 7th 2015 by Rodale Books

ISBN : 9781623364892

Author : Gene Baur , Gene Stone

Format : Hardcover 320 pages

Genre : Nonfiction, Food and Drink, Food, Vegan, Cookbooks, Animals



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## **From Reader Review Living the Farm Sanctuary Life: How to Eat Healthier, Live Longer, and Feel Better Every Day by Bringing Home the Happiest Place on Earth for online ebook**

### **Karen says**

I'll admit, this probably got a higher rating because I got this book after hearing Gene speak at my local Vegfest in 2016. He's an inspiring presenter and I finally made the leap from long-time almost-vegan to full vegan after that day. I don't fan-girl over many, but Gene? I stood in line to have him sign my book. :-) Not only does he live what he speaks, but he's so full of compassion, it's contagious. He just makes people around him want to be better.

For whom would this book be a good fit? The animal lover in your life. A new vegan. A vegetarian. Someone just thinking about trying to go veg. But really? Anyone. The first section of the book is about the sanctuary, reasons to go vegan, the environmental impact of farmed animals, what we can do to leave a lighter footprint on the earth. For those who've been vegan awhile, you've likely heard/read a lot of this info before, but I think it makes a good entry point for those not already in the know. The rest of the book is about setting up your vegan kitchen and then lots and lots of recipes. Flipping through, I've already marked half a dozen recipes to try.

If you ever get a chance to hear Gene Baur speak, go. You won't regret it.

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### **Holly Friel says**

Farm Sanctuary & Gene Baur are so inspirational for a more healthy, compassionate, and balanced life. The 1st 1/2 of the book briefly chronicles the story of how Farm Sanctuary was started and the "5 Tenets of Farm Sanctuary Living." The 2nd 1/2 of the book contains amazing vegan recipes - worth buying for this alone! This book is a quick and worthwhile read, filled with inspirational quotes, stories, and beautiful photos. This book might just inspire you to go vegan if you're not already! And for longtime vegans, a great reminder of why you choose to eat and live the way you do. Highly recommended!

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### **Montzalee Wittmann says**

Living the Farm Sanctuary Life: How to Eat Healthier, Live Longer, and Feel Better Every Day by Bringing Home the Happiest Place on Earth by Gene Baur is a wonderful book with lots of heartwarming photos! The book explains how the farms got started, introduced the reader to some of the residents, explains how a vegan diet helps the climate and earth, and the human body! The last half of the book has lots of delicious recipes! I was hungry when I got that far so they looked even better because each recipe had a photo too. I have been a vegetarian for over 15 years I don't miss "meat"! I have substitutes that I can eat that harms no one!

I got this book from the library.

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## Rift Vegan says

Pretty good, though it's preaching to the choir, here. I am not a Farm Sanctuary member, but I like to support vegan books, especially when they're not just cookbooks. The last 60% of the book includes recipes which I skimmed over. I don't cook, but it looked like there was good variety, in types of foods and in prep effort (some recipes taking 10 or 20 mins, some taking hours). The thing I loved about this book were the photos! Happy Animals! I wish I had the opportunity to photograph farmed animals more often.

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## Kristin says

*I received an arc copy of this book from Goodreads in exchange for an honest review. Thank you Firstreads for the opportunity!*

So you know you are a bit foodie (I kind of hate that terminology) obsessed when you enter giveaways for every cookbook without looking at the details well enough.

***"Living the Farm Sanctuary Life: How to Eat Healthier, Live Longer, and Feel Better Every Day by Bringing Home the Happiest Place on Earth"***

Yeah, that didn't scream VEGAN to me either. I was thinking more natural/organic/homesteading/REAL farming. If I had read the description in more detail however, I would have known but when I see FARM, I just don't think of vegan. What kind of farmers' don't eat eggs or use cow/goat milk? It's weird. I don't get it (unless you are allergic of course). Vegan diets are just not that healthy with all of the artificial substitutes that are used over natural products (yes, I said that). Anyway, story for another day.

*Living the Farm Sanctuary Life* has a lot of beautiful pictures of the cutest, cuddliest animals, nice stories and tidbits. The more vegetarian meals and easily adaptable to non-vegan meals looked quite tasty and I will definitely be trying some as soon as the weather warms up.

I guess I should have taken some pics of the less appealing ones, but I read this months ago when I received it and didn't really think about it.

So....

If you are a vegan: this is a beautiful book, you should give it a whirl.

Vegetarian, worth the look for new ideas.

Looking for a food/farming book, maybe not worth the price and effort, in MY opinion. Fun to browse

though.

Waiting on the hate mail...

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### **Susan Maunz says**

What I enjoy so much about reading is the taking us to the next level in our lives here on earth. Gene Baur enlightens us by living fully and sharing what it means to live knowingly, with awareness of the other living animals on our planet. This book has made me more aware of the choices I make in my eating and how those choices affect other living beings life and death. For example just by giving up chicken I would save 31 chickens a year! I am by no means a vegetarian or vegan, but have adopted the “Meat Free Mondays” a few months back and am consciously eating less meat.

In my opinion there is no judgement in this book, only awareness. The photos are beautiful, this may be a book I add to my personal library.

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### **Kimberlee says**

If I could give this book ten stars, I would!

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### **Brenden Black says**

A very simple book that gently opens your eyes to the cognitive dissonance that I think every meat eater has. Despite the size it's a quick read with lots of great full colour pictures and a whole host of recipes.

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### **Shel says**

A beautifully laid out and designed book. Get the hard copy for this one, not the e-book!

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### **Sean says**

#### **Life changing book**

This book shows how meat based diets are harmful to you, your soul and the environment. This makes you

know you can charge the World

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### **Marla says**

This book promotes a vegan lifestyle and includes recipes. There are 3 Farm Sanctuaries that care for animals that have previously lived on factory farms. I want to visit!

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### **Tonya Plank says**

From Witty Kitty's Book Blog:

We loved this book! It's a nice, big, glossy coffee table book by the founder of the Farm Sanctuary in Woodstock, NY, Gene Baur. It's a combination of little vignettes illustrating what it's like to live at the sanctuary, where your friends consist of cows, pigs, chickens, turkeys, goats, sheep, and ducks, stories about some of the animals and how they came to live there, lovely photos of the animal residents and the people who come to visit, facts about the health benefits - both mental and physical - of eating a plant-based diet, and really wonderful vegan recipes! Witty Kitty can't wait to try some of these - particularly the Wild Mushroom and Spinach Roulade, the Osso Vita (using parsley root instead of deer bone), and the Lobster Mushroom Tostada Tower. Not to even mention the desserts: Salted Caramel Chocolate Bliss Bites, need I say more!

The book also gives you tidbits on how to find some good cheese and dairy replacements. Witty kitty loves cheese, so knowing some quality artisan cheese companies are out there - like Kite Hill, Dr-Cow, and Miyoko's Kitchen - is very helpful! They also give you some good sources of protein, such as beans, and tempeh, which WK has heard a lot about and must try.

But the best thing about this book is the happy little stories about some of the animals who live there, such as Opie, the calf who was born on a freezing NY morning in a dairy farm still wet from birth, who nearly died. The dairy farmer was just going to let him die when he was found by a member of Farm Sanctuary, who, despite the veterinarian's warnings that he wouldn't live, took him in anyway. After keeping 24-hour watch on him, his body temperature improved and Opie began eating well, mooing happily, and frolicking with the other cows. He grew to be a gentle giant, weighing nearly 3000 pounds, and a favorite of cows and human visitors alike, living for 18 years.

Another story features a hog farmer who became fond of a runt he managed to nurse to good health. His friendship with the little pig grew so that, after ten years, he could no longer bring himself to continue to raise pigs for slaughter. He ended up becoming a vegetarian.

And those are only a couple of the stories. There's also a section on how to dress stylishly and vegan! Sweet, informative, fun book with lots of colorful pics!

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### **Lara says**

Though it starts off decidedly...twee, I really liked reading about the Farm Sanctuary story--how it got started

and why, and all the stories of various animals and how they came to live there and of the various human lives those animals have touched and changed. It's a quick read, mainly about why eating a plant-based diet is a good thing--Baur touches on a lot of different issues with factory farming and our food system, including the massive amounts of land, energy, and water factory farming requires, the extremely poor quality of life for the animals, the health problems that come with the typical meat-and-dairy-heavy diet, the emergence of antibiotic-resistant bacteria and poisoning of water from factory farm run-off...

I've been thinking about going from vegetarian back to vegan for awhile now, and basically this might have just pushed me over the edge. It's hard to read about all these issues and not do *something* to protest against them. I'm seriously becoming hippier and hippier in my old age.

Anyway, the second half of the book consists of vegan recipes, but I actually found this section pretty unhelpful, since a lot of the recipes take a good bit of time to prepare, and contain ingredients I don't really like to use, such as seitan and tempeh and tofu bacon and fake chicken. There are definitely a few I'm interested in attempting at some point though.

And I totally want to visit the Farm Sanctuary in LA someday...

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### **Nick says**

One of the best books I've read on why to go vegan from an animal rights perspective, very moderate and all encompassing yet tells the hard truth. A must read!

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### **Aubrey says**

This book is for people who...

- ... feel compassion for others, human and non-human.
- ... want to make a positive difference in the world.
- ... worry about the environmental state of the planet, the future of their families.
- ... wish to live a healthy life that allows them to not just survive but thrive.

Heck, this book is simply, *for everyone*.

I want to buy multiple copies of this book and hand it out to everyone I know and don't know.

When I think of people I admire most, people I call heroes, I don't think of 'celebrities.' I think of people like Dr. T. Colin Campbell, Dr. Caldwell Esselstyn and Mr. Gene Bauer. People who have not just changed my life but have saved lives by educating, advocating and being a helping hand to others and the world. They are the real heroes.

In this book, Gene presents everything so eloquently and kindly as to why a plant-based diet is essentially the solution to all major problems of the world and the individual. He doesn't judge or criticize those who still eat animals. He comes solely from a place of compassion and passion. And that is why I feel this particular

book is one to be read by everyone.

Plus it's beautifully done. The photography is lovely, the randomly inserted stories are sweet and sure to spark a tear, the facts well laid out and the following recipes in the second half of the book look divine!

Below are the recipes I've tried thus far and loved (I'll update this review every time I try one):

- Jambalaya - Soooo good. I made my own cajun seasoning by finding a recipe online and mixing the herbs I had. It was the perfect flavor and I can see many options with this jambalaya to try it in different ways, using the same base. This will surely be a staple in our diet.

\*Read it. Read it again. Pass it around. Donated it. And start with you. Remember, you can make a difference ... in your life, in the lives of others, in the world, in everything.

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