



The Real Forbidden Fruit: How Meat Destroys Paradise And How Veganism Can Get It Back

Jeff Popick

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It's not news that eating meat is unhealthy, destructive to the environment, and cruel to animals, but what is new is Jeff Popick's new book, *The REAL Forbidden Fruit*, which offers compelling evidence that meat was the real "forbidden fruit." Using spirituality, physiology, sociology, environmentalism, and logic, *The REAL Forbidden Fruit* demonstrates how meat-eating is destroying our health, our planet, our societies, and even our connection to God. But there is hope. Popick shows in a comprehensive, clear, and entertaining style how veganism overcomes all of society's problems in one fell swoop, and can put us back on the path to the paradise our world once was.

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