

UU Plant Based Eating Club (UUPBEC) Lending Library

If you would like to borrow a book, please click on "UU Plant Based Eating Club Library Request" to send an email (PBEC-Library@fusn.org).

Enter the following info:

- 1) Your full name
- 2) The book(s) you would like
- 3) Your telephone number

Book title	Author	Description (Link to Amazon)	Category
The Engine 2 Seven-Day Rescue Diet	Rip Esselstyn	https://www.amazon.co	Cook book
The Garden of Vegan	Tanya Barnard & Sarah Kramer	https://www.amazon.co	Cook book
Thug Kitchen	Thug Kitchen	https://www.amazon.co	Cook book
The China Study	T. Colin Campbell, PhD & Thomas M Campbell II, MD	https://www.amazon.co	Health
Eat More, Weigh Less	Dean Ornish	https://www.amazon.co	Health
The Angelica Home Kitchen	Leslie McEachern	https://www.amazon.co	Cook book
The Artful Vegan	Eric Tucker & Bruce Enloe	https://www.amazon.co	Cook book
Food Is Climate: A Response to Al Gore, Bill Gates, Paul Hawken, and the Conventional Narrative on Climate Change	Glen Merzer and Gary Tiedemann	https://www.amazon.co	Climate/Environment
Regenesi: Feeding the World Without Devouring the Planet	George Monbiot and Penguin Audio	https://www.amazon.co	Climate/Environment
How Not to Age: The Scientific Approach to Getting Healthier as You Get Older	Michael Greger MD FACLM	https://www.amazon.co	Health
Good Eats: 32 Writers on Eating Ethically	Edited by Jennifer Cognard-Black and Melissa A. Goldthwaite	https://nyupress.org/97	Climate/Environment
Food and Climate Change without the hot air: Change your diet: the easiest way to help save the planet	S L Bridle	https://www.amazon.co	Climate/Environment
The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age	Dean Sherzai and Ayesha Sherzai	https://www.amazon.co	Health
How Not to Die	Michael Greger M.D. FACLM and Gene Stone	amazon.com	Health

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When we receive your email request, we will send you an email with the pickup location and the date until which it will be held. The lending period is three weeks with two automatic renewals (unless someone else has requested the book.)

Once you are done, you may return it to the pickup location.

Questions? Email <PBEC-Library@fusn.org>

