



Veganomics: The Surprising Science on What Motivates Vegetarians, from the Breakfast Table to the Bedroom

By Cooney, Nick

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Nick Cooney is also the author of *Change Of Heart: What Psychology Can Teach Us About Spreading Social Change* (Lantern, 2011) and *Veganomics: The Surprising Science on What Motivates Vegetarians, from the Breakfast Table to the Bedroom* (Lantern, 2014). He has lectured across the U.S. and Europe on effective animal advocacy, and his work for farmed animals has been featured by hundreds of media outlets, including "Time" magazine, "The Wall Street Journal," and National Public Radio. For more information please visit <http://www.MercyForAnimals.org> and <http://www.ARConference.org>. Buy *Veganomics: The Surprising Science on What Motivates Vegetarians, from the Breakfast Table to the Bedroom* on Amazon.com "FREE SHIPPING on qualified orders. Healthy Meals For Kids Get Healthy Kids Meals Healthy Eating Healthy Recipes Healthy Foods Detox Recipes Free Recipes Clean Eating. Nutritionfacts.org. The Simple Veganista - Simple, Healthy, Tasty Vegan Recipes for Everyone! The Simple Veganista is a vegan food blog with easy to follow healthy vegan recipes that taste delicious! Browse hundreds of healthy, affordable and simple to make whole food, plant based recipes, from breakfast, lunch, dinner, and everything in between! 20 An assessment of the welfare levels of various farm animals is given in Norwood, F. B. and Lusk, J. L., *Compassion, by the Pound: The Economics of Farm Animal Welfare* (New York, 2011), p. 229CrossRef Google Scholar, and in Cooney, N., *Veganomics: The Surprising Science on What Motivates Vegetarians, from the Breakfast Table to the Bedroom* (New York, 2013). 22 According to the latest estimates from GiveWell, it costs about \$3,200 to do the equivalent amount of good to saving a life in poor countries ("GiveWell cost-effectiveness analysis"™, November 2016, https://docs.google.com/spreadsheets/d/1KiWfiAGX_QZhRbC9xkzf3l8lqsXC5kkr-nwY_feVlcM). With the first category of vegetarians to discuss the benefits or harm of eating meat is meaningless, since they are disgusted by the very thought of it. People from the second category most often switch to a vegetable diet in adulthood, when they begin to look for ways to prolong the active period of life. Especially for them and for those who still doubt, we tried to figure out how useful vegetarianism really is. 5 arguments for. 2. Complete work of the digestive tract. Due to the large amount of fiber in the composition, plant food stimulates the intestinal peristalsis and prevents the stagnation of stool. 3. Stimulation of the immune system. Contained in vegetables and fruits, phytoncides activate the defenses of the body and themselves effectively fight against viruses and bacteria.