



# **Diet For Transcendence: Vegetarianism and the World Religions**

*Steven Rosen*

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# Diet For Transcendence: Vegetarianism and the World Religions

*Steven Rosen*

**Diet For Transcendence: Vegetarianism and the World Religions** Steven Rosen

"Steven Rosen takes us on a fascinating journey back in time to explore the essential and often misunderstood roots of the world's major religious traditions, to discover how vegetarianism was a cherished part of their philosophy and practice." Nathaniel Altman, Author, Animal Liberation

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