



# Perfectly Contented Meat-Eater Guide to Vegetarianism

*Mark Warren Reinhardt*

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Meat-eaters aren't often eager to learn about vegetarianism. When confronted with the topic, their common reaction is to shake their heads and roll their eyes. Maybe one reason for this is that vegetarians tend to take themselves and their favorite subject oh so seriously. As someone who's never been accused of taking anything seriously, Mark Reinhardt wanted to do something about this. He decided to laugh in the face of death and destruction, and so produced *The Perfectly Contented Meat-Eater's Guide to Vegetarianism* -- an irreverent yet comprehensive book that teaches meat-eaters (and vegetarians too!) both the fundamentals and all the quirky idiosyncrasies of vegetarian life, and does it in a fun, humorous way. The book will delight vegetarians who thought they'd heard it all before, and is the perfect gift for doubting parents and all those friends and relatives every vegetarian has been trying to convert for years. The book comes with an extensive resource section for those who want to follow this book with materials that actually say something a little more serious. "Hey", writes Reinhardt, "If meat-eaters are going to shake their heads and roll their eyes anyway, it may as well be because of my bad jokes!"

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