



# **The Compassionate Hunter's Guidebook: Hunting from the Heart (Mother Earth News Books for Wiser Living)**

*Miles Olson*

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Wild meat, hunted in a responsible way, is one of the most healthful, sustainable foods possible. Depending on how it is done, hunting can be as local, intimate, and humane as it gets. And aside from this, it demands the hunter enter a world of awareness, wildness, life, and death that as a culture we have forgotten.

*The Compassionate Hunter's Guidebook* is a guide for those that come to the act of hunting with pure intentions, motivated by a desire for healthy food that comes directly from the land where they live. This practical manual suggests that hunting is not a "sport" and the animals whose lives are taken are not "game." It combines a deep, philosophical exploration of the ethics of killing with detailed instructions on every step of the process including:

- Understanding your prey
- Tools, techniques, and preparation
- The act of the hunt
- From forest to table—processing, preserving, and preparing your kill

A unique and comprehensive, fully illustrated guide to the complexity, ethics, and spirit of the hunt, *The Compassionate Hunter's Guidebook* is a must-read for beginning and experienced hunters alike. It will appeal to anyone who wishes to delve more deeply into the complex, humbling, and ultimately profound reality of our relationship with the food that nourishes us.

**Miles Olson** has spent the past decade immersed in learning and practicing earth skills. The author of *Unlearn, Rewild*, his experiences living on the land have made him an expert on rewilding.

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