

# The Vegan Way:

## Exploring The Liberating Power Of Non-Violence

A lecture - presentation by  
**Will Tuttle, Ph.D.**



Please consider joining us at 6:30 p.m. on Thursday, May 1<sup>st</sup> at Sitar Indian Palace restaurant in Durham for a delicious vegan dinner followed by Will's presentation.

Sitar is located at 3117 Shannon Road (near the old South Square Mall). The total cost of the meal will be \$15, including tax and tip. All are welcome! Please **RSVP** to Loren Hart (919.265.9985) by noon on Wednesday, April 30. Thanks!

*Sponsored by the Triangle Vegetarian Society. For more information, including detailed directions, please visit [www.TriangleVegSociety.org](http://www.TriangleVegSociety.org).*

As veganism continues to spread throughout our culture, it is helping to facilitate a beneficial transformation that heals the deep wounds of our society's psyche. Our attitudes and practices surrounding food, nature, and animals have amazing repercussions that are unrecognized even by spiritual practitioners, environmentalists, peace and social justice workers, and animal protection advocates.

Join Dr. Will Tuttle for a fascinating and empowering exploration of the core of our culture, revealing how it is hidden in the most unlikely of places: our daily dinner plates! Inquiring deeply into veganism takes us to the core of our culture and beyond: to a path of immense and inviting social transformation and personal healing.

*"Use **The World Peace Diet** as a guide to empower yourselves and others in making dietary choices that are powerful beyond what you can possibly imagine."* **Julia Butterfly Hill**, environmental activist and founder, Circle Of Life Foundation

*"A profoundly insightful and important book, **The World Peace Diet** is sure to be a catalyst and powerful tool in the evolution of human consciousness."* **Satya Magazine**

*"Thought-provoking and recommended."* **Library Journal**

*"**The World Peace Diet** is one of the most provocative books I've ever read. This is a deep book, aglow with insights that penetrate and expose the complacency of a culture that has strayed painfully far from compassion."* **John Robbins**, noted author

*"Will Tuttle brings a priceless perspective—not only to the planetary crisis confronting us all, but also to powerful ways we each can affect it. This book is radiant with his learning and his compassion."* **Dr. Joanna Macy**, author, *Coming Back To Life*

*"I am grateful for this powerful and cogent book. It has stretched my thinking (and heart) about animals, compassion, and our society."* **John Mackey**, founder, Whole Foods, Inc.

Dr. Will Tuttle, author of **The World Peace Diet**, and acclaimed pianist, composer, and educator, has lectured and performed widely throughout North America and Europe. His doctorate degree from the University of California, Berkeley, focused on educating intuition in adults, and he has taught college courses in creativity, humanities, mythology, religion, and philosophy. He is a recipient of The Peace Abbey's *Courage of Conscience Award* and is a Dharma Master in the Zen tradition. Devoted to cultural healing and awakening, he has created 7 much-loved CD albums of original piano music, and also his ground-breaking book, **The World Peace Diet**. He is noted for his clear and inspiring presentations. See [www.WorldPeaceDiet.com](http://www.WorldPeaceDiet.com) for more details.

