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Author of *Diet for a Small Planet*

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# REDISCOVERING AMERICA'S VALUES

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A dialogue that explores  
our fundamental beliefs and how they  
offer hope for America's future.

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# Rediscovering Americas Values

Zhe Xu

## **Rediscovering Americas Values:**

**Rediscovering American Values** Dick DeVos, 1998-11 Considers the principles underlying the American concept of freedom by drawing on inspirational anecdotes taken from a cross section of the population Describes how people have bettered themselves both morally and in their careers by practicing such values as honesty compassion self discipline initiative hard work charity and forgiveness     *Rediscovering America's Values* Frances Moore Lappé, 1991

**Rediscovering America's Sacred Ground** Barbara A. McGraw, 2012-02-01 Returning to the ideas of John Locke and the Founders themselves Barbara A McGraw examines the debate about the role of religion in American public life and unravels the confounded rhetoric on all sides She reveals that no group has been standing on proper ground and that all sides have misused terminology religion secular dichotomies public private and concepts separation of church and state in ways that have little relevance to the original intentions of the Founders She rediscovers a theology underlying the founding documents of the nation that is neither anyone's particular religion nor one requiring religion Instead it justifies freedom of conscience for all and provides a two tiered public forum a civic public forum and a conscientious public forum for the debate itself and the actions that debate inspires America's Sacred Ground this theology and its public forum determines the meaning of freedom and the ways in which Americans can pursue the good good government good communities good families good relations between individuals and good individuals from a plurality of perspectives By exploring our past McGraw answers the critical question Who are we as a people and what do we stand for     **Rediscovering America's Values** Frances Moore Lappé, 1991

**100 Years of the American Dream** Michael Kearney, 2022-09-26 This collection offers examinations of the concept of the American Dream across a broad and diverse range of works The analytical methods utilized by the authors who are all clearly extremely knowledgeable experts in their fields are as unique as the content they examine is varied Each chapter offers innovative insights which while founded on literary critique transcend the field of literature and touch upon issues related to economics education gender immigration psychology race and religion to name but a few

**Vegetarian Times**, 1989-06 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

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that's inviting to all. Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **Vegetarian Times**, 1990-04 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all. Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **A Dream Deferred** Philip Slater, 1992-09-30 America's Discontent and the Search for a New Democratic Ideal Convincingly demonstrates that democratic processes however messy and confusing ultimately yield the most intelligent and flexible responses to a complex world **Doing Ethics in Media** Jay Black, 2011-04-19 Doing Ethics in Media Theories and Practical Applications is an accessible comprehensive introduction to media ethics Its theoretical framework and grounded discussions engage students to think clearly and systematically about dilemmas in the rapidly changing media environment The 13 chapter text is organized around six decision making questions the 5Ws and H of media ethics The questions encourage students to articulate the issues apply codes policies or laws consider the needs of stakeholders sift and sort through conflicting values integrate philosophic principles and pose a test of publicity Specifically the questions ask What's your problem Why not follow the rules Who wins who loses What's it worth Who's whispering in your ear How's your decision going to look As they progress through the text students are encouraged to resolve dozens of practical applications and increasingly complex case studies relating to journalism new media advertising public relations and entertainment Other distinctive features include Comprehensive materials on classic moral theory and current issues such as truth telling and deception values persuasion and propaganda privacy diversity and loyalty A user friendly approach that challenges students to think for themselves rather than imposing answers on them Consistent connections between theories and the decision making challenges posed in the practical applications and case studies A companion website with online resources for students including additional readings and chapter overviews as well as instructor materials with a test bank instructor's manual sample syllabi and more [www.routledge.com/textbooks/black](http://www.routledge.com/textbooks/black) A second website with continuously updated examples case studies and student writing [www.doingmediaethics.com](http://www.doingmediaethics.com) Doing Ethics in Media is aimed at undergraduates and graduate students studying media ethics in mass media journalism and media studies It also serves students in rhetoric popular culture communication studies and interdisciplinary social sciences **Vegetarian Times**, 1992-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all. Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **Diet for a Small Planet (20th Anniversary Edition)** Frances Moore Lappe, 2011-05-18 Here again is the extraordinary bestselling book

that taught America the social and personal significance of a new way of eating one that remains a complete guide for eating well in the 90s Featuring simple rules for a healthy diet a streamlined easy to use format delicious food combinations of protein rich meals without meat hundreds of wonderful recipes and much more From the Paperback edition **Diet for a Small Planet** Frances Moore Lappé, 2010-12-08 The book that started a revolution in the way Americans eat The extraordinary book that taught America the social and personal significance of a new way of eating is still a complete guide for eating well in the twenty first century Sharing her personal evolution and how this groundbreaking book changed her own life world renowned food expert Frances Moore Lapp offers an all new even more fascinating philosophy on changing yourself and the world by changing the way you eat The Diet for a Small Planet features simple rules for a healthy diet streamlined easy to use format food combinations that make delicious protein rich meals without meat indispensable kitchen hints a comprehensive reference guide for planning and preparing meals and snacks hundreds of wonderful recipes

**Toward a Civil Society** C. David Lisman, 1998-08-30 Addressing the need for marshaling the resources of education to help promote a more civil society this book argues that education has a critical role to play in challenging the dominant views of politics and education Service learning or academically based community service is seen as a promising educational pedagogy that can help students acquire civic virtue and serve as a mechanism to enable institutions of higher education become stronger community partners However there is currently is a lack of theoretical grounding for the service learning movement consequently service learning is in danger of being co opted by academic traditionalism which could vitiate service learning s social transformative potential and in fact undermine efforts at democratic revitalization The author provides a basic explanation of service learning and how it is connected to promoting civic virtue It examines the underlying public philosophy debate between weak and strong democracy theorists or procedural and civic republicanism This book argues that certain approaches to service learning such as the voluntarist or charity model the experiential education model and the justice model are ineffective because of their association with weak democracy theory or procedural republicanism The central argument of this book is that a progressive communitarian public philosophy maintaining that individuals attain meaning and significance in the context of community is the most appropriate grounding for service learning **Diet for a Small Planet (Revised and Updated)** Frances Moore Lappé, 2021-09-21 Discover a way of eating that revolutionized the meaning of our food choices and sold more than 3 million copies now in a 50th anniversary edition with a timely introduction plus new and updated plant centered recipes Frances Moore Lapp is one of the few people who can credibly be said to have changed the way we eat and one of an even smaller group to have done it for the better The New York Times In 1971 Diet for a Small Planet broke new ground revealing how our everyday acts are a form of power to create health for ourselves and our planet This extraordinary book first exposed the needless waste built into a meat centered diet Now in a special edition for its 50th anniversary world renowned food expert Frances Moore Lapp goes even deeper showing us how plant centered eating

can help restore our damaged ecology address the climate crisis and move us toward real democracy Sharing her personal journey and how this revolutionary book shaped her own life Lapp offers a fascinating philosophy on changing yourself and the world that can start with changing the way we eat This new edition features eighty five updated plant centered recipes including more than a dozen new delights from celebrity chefs including Mark Bittman Padma Lakshmi Alice Waters Jos Andr s Bryant Terry Mollie Katzen and Sean Sherman     [Hope's Edge](#) Frances Moore Lapp,Anna Lapp,2003-04-28 Journey to five continents and see the world of sustainability and conscious eating with new eyes featuring 100 pages of plant based recipes to better nurture ourselves and the planet Thirty years ago Frances Moore Lapp started a revolution in the way Americans think about food and hunger Now Frances and her daughter Anna pick up where Diet for a Small Planet left off Together they set out on an around the world journey to explore the greatest challenges we face in the new millennium Traveling to Asia Africa Latin America and Europe they discovered answers to one of the most urgent issues of our time whether we can transcend the rampant consumerism and capitalism to find the paths that each of us can follow to heal our lives as well as the planet Featuring nearly seventy recipes from celebrated vegetarian culinary pioneers including Alice Waters Mollie Katzen Laurel Robertson Nora Pouillon and Anna Thomas Hope s Edge highlights true trailblazers engaged in social environmental and economic transformations     [Yoga Journal](#) ,1995-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

**Postmodern Politics for a Planet in Crisis** David Ray Griffin,Richard A. Falk,1993-07-01 This book argues that the planetary crisis which has been produced by modernity demands a postmodern politics especially in the United States the chief embodiment and exporter of modernity What is needed is an America that promotes a new world order that is genuinely new one based on a concern for the human race as a whole and on a sustainable relationship between the human species and the rest of the biosphere John B Cobb Jr Richard Falk David Ray Griffin Wes Jackson Frank Kelly Frances Moore Lapp Joanna Macy Douglas Sloan Jim Wallis and Roger Wilkins write about various dimensions of this postmodern politics including its educational aims morality time consciousness and ecological sensibility its agricultural and other environmental policies its truly democratic process and a postmodern presidency This book provides the most complete prescription yet for the kind of presidential leadership we need and the kind of transformation in the body politic necessary to evoke and complement such leadership     [Six Women Who Shaped What Americans Eat](#) Michelle Mart,2025-07-15 Six Women Who Shaped What Americans Eat tells the story of how food choice in modern America has been influenced by culture industrial abundance and health narratives Mart reflects on the careers of six women to illustrate the varied and overlapping influences on food choice Each of these women had a substantial impact on American cuisine attitudes toward food and what people chose to eat They

highlighted the politics of food the pleasure of food the connection between food and health and the environmental harm of poor food choices Part one of the book discusses the bounties of the modern American food system and covers Hazel Stiebeling Poppy Cannon and Julia Child Stiebeling was a chemist and government nutritionist beginning in the 1930s and shaped dietary guidelines and school lunches that affected generations of Americans Cannon a best selling cookbook author and newspaper columnist gained fame in the 1950s by preaching the wonders of processed food Child another cookbook author and television personality starting in the 1960s celebrated French cuisine and made it accessible to American cooks and palates Part two examines the hidden costs of abundance and covers Frances Moore Lapp Marion Nestle and Alice Waters Lapp was an author and activist concerned with the environmental impact of food in the late 20th century and who is credited with bringing vegetarianism into the mainstream Nestle was an academic nutritionist government consultant and author who decried the undue influence of food corporations Waters a celebrity chef restaurateur and food activist became a symbol of alternative food movements in the 21st century Provided by publisher

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