

CRITICAL ANIMAL STUDIES: PRACTICAL RESPONSES

By David Sztybel, Ph.D.

“Action is the antidote to despair.”
Joan Baez

This notice serves to highlight the coverage of the booklet whose title is given above. The guide is freely available, both in live-on-line and PDF versions, at:

<http://sztybel.tripod.com/guidemenu.html>

The guide is not biased towards any particular form of animal activism, but includes suggestions that apply across the spectrum. Here are some of its features:

- a critical reflection on why information about animals is essentially repressed in our society
- a reference to an excellent speech by Karen Davis, Ph.D., that we do not need to be “apologetic” about animal advocacy
- specific suggestions for animal activism for traditional animal welfarists, partial abolitionists, and total abolitionists
- how to be a private activist in relation to yourself (a unique consideration) including how to deal with experiences of guilt, apathy, outrage, despair, how to substitute empowered thoughts in place of disempowering thoughts, and how to avoid activist burnout
- how to be a private activist in relation to others, including how to serve as a role model, tips on how to be diplomatic, and how to deal with unsupportive people
- more than a dozen tips on how to be a public activist
- tips on how to get active with Canadian animal welfare legislation
- how to learn easy replies to common objections to animal activism
- how to obtain a totally free vegetarian starter kit
- how to access books by dietitians on healthy vegetarian/vegan eating
- links to vegetarian/vegan recipes
- lists of animal ingredients so you can easily avoid consuming them
- lists of the impacts of meat-eating on human health and the environment
- lists of reasons why partial abolitionists go beyond traditional animal welfarism, and why total abolitionists go beyond partial abolitionists in seeking to protect animals
- lists of companies that do and do not test on animals
- lists of charities that do and do not fund animal tests
- a table of many of Joan Dunayer’s pioneering substitutes for speciesist language, drawn from her book, *Animal Equality: Language and Liberation* (2001)
- perhaps the most extensive ever list of inspiring achievements in the animal protection movement

...and more!