



## **Sistah Vegan: Black Female Vegans Speak on Food, Identity, Health, and Society**

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## **Sistah Vegan: Black Female Vegans Speak on Food, Identity, Health, and Society**

**Sistah Vegan** is a series of narratives, critical essays, poems, and reflections from a diverse community of North American black-identified vegans. Collectively, these activists are de-colonizing their bodies and minds via whole-foods veganism. By kicking junk-food habits, the more than thirty contributors all show the way toward longer, stronger, and healthier lives. Suffering from type-2 diabetes, hypertension, high blood pressure, and overweight need not be the way women of color are doomed to be victimized and live out their mature lives. There are healthy alternatives.

**Sistah Vegan** is not about preaching veganism or vegan fundamentalism. Rather, the book is about how a group of black-identified female vegans perceive nutrition, food, ecological sustainability, health and healing, animal rights, parenting, social justice, spirituality, hair care, race, gender-identification, womanism, and liberation that all go against the (refined and bleached) grain of our dysfunctional society.

Thought-provoking for the identification and dismantling of environmental racism, ecological devastation, and other social injustices, **Sistah Vegan** is an in-your-face handbook for our time. It calls upon all of us to make radical changes for the betterment of ourselves, our planet, and by extension everyone.

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