

## UU Plant Based Eating Club (UUPBEC) Lending Library

If you would like to borrow a book, please click on "UU Plant Based Eating Club Library Request" to send an email. Enter the following info:

- 1) Your full name
- 2) The book(s) you would like
- 3) Your telephone number

Book title	Author	Description (Link to Amazon)	Category
The Engine 2 Seven-Day Rescue Diet	Rip Esselstyn	<a href="https://www.amazon.co">https://www.amazon.co</a>	Cook book
The Garden of Vegan	Tanya Barnard & Sarah Kramer	<a href="https://www.amazon.co">https://www.amazon.co</a>	Cook book
Thug Kitchen	Thug Kitchen	<a href="https://www.amazon.co">https://www.amazon.co</a>	Cook book
The China Study	T. Colin Campbell, PhD & Thomas M Campbell II, MD	<a href="https://www.amazon.co">https://www.amazon.co</a>	Health
Eat More, Weigh Less	Dean Ornish	<a href="https://www.amazon.co">https://www.amazon.co</a>	Health
The Angelica Home Kitchen	Leslie McEachern	<a href="https://www.amazon.co">https://www.amazon.co</a>	Cook book
The Artful Vegan	Eric Tucker & Bruce Enloe	<a href="https://www.amazon.co">https://www.amazon.co</a>	Cook book
Food Is Climate: A Response to Al Gore, Bill Gates, Paul Hawken, and the Conventional Narrative on Climate Change	Glen Merzer and Gary Tiedemann	<a href="https://www.amazon.co">https://www.amazon.co</a>	Climate/Environment
Regenesis: Feeding the World Without Devouring the Planet	George Monbiot and Penguin Audio	<a href="https://www.amazon.co">https://www.amazon.co</a>	Climate/Environment
How Not to Age: The Scientific Approach to Getting Healthier as You Get Older	Michael Greger MD FACLM	<a href="https://www.amazon.co">https://www.amazon.co</a>	Health
Good Eats: 32 Writers on Eating Ethically	Edited by Jennifer Cognard-Black and Melissa A. Goldthwaite	<a href="https://nyupress.org/97">https://nyupress.org/97</a>	Climate/Environment

### UU Plant Based Eating Club Library Request

When we receive your email request, we will send you an email with the pickup location and the date until which it will be held. The lending period is three weeks with two automatic renewals (unless someone else has requested the book.)

Once you are done, you may return it to the pickup location.

Questions? Email <[PBEC-Library@fusn.org](mailto:PBEC-Library@fusn.org)>

