



You Can Save the Animals: 251 Simple Ways to Stop Thoughtless Cruelty

Ingrid Newkirk

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Every day, in labs, food factories, and industries around the world, animals by the millions are subjected to inhumane cruelty. The good news is that you can do something to help stop it. This inspiring book shows you how.

In *You Can Save the Animals*, **Ingrid Newkirk**, cofounder and president of People for the Ethical Treatment of Animals (PETA), gives you hundreds of simple acts of kindness that can help stop animal abuse *today*. You will be amazed at how much of a difference you alone can make in the lives of the most innocent among us.

Inside, you'll learn how to:

- Buy from companies that don't test on animals or use animal ingredients
- Switch to clothing and cosmetics made without cruelty
- Change public opinion
- Eat healthfully and compassionately
- Put pressure on industry and government leaders
- Avoid films in which animals were harmed
- Adopt animals from a local pound or shelter instead of supporting pet stores
- Make safe travel arrangements
- And much, much more!

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