

# Contents

<b>Author's Preface – Ethan Smith</b> .....viii
<b>Author's Preface – Guy Dauncey</b> .....x
<b>Acknowledgments</b> .....xii
<b>Foreword by Dr. Jane Goodall</b> .....xiv
<b>PART ONE: INTRODUCTION</b>
<b>A PATH BEYOND SUFFERING</b>
A Call to Compassionate Arms.....2
Paws to Reflect .....4
Sentience and Sensibility .....6
Suffering on Our Plates.....8
Fury over Factories.....10
Deceptions of Dairy .....12
Weird Science .....14
Meanwhile, Back at the Family Farm .....16
A Very Fishy Tale.....18
Hunting: Subsistence vs. Sport .....20
Laboratory Labyrinth.....22
The Price of Entertainment.....24
From Pets to Companions .....26
A Day in the Life of a Puppy Mill.....28
Beauty Is Only Skin Deep .....30
Wasting Their Habitat.....32
The Ravages of Climate Change.....34
The Deep, Grey Sea .....36
Cetaceans: Our Elders, Our Teachers.....38
Animals and Faith.....40
Animals in the Boardroom .....42
The Power of Business.....44
The Power of Government .....46
The Power of the Individual.....48
Building a Global Movement .....50

## **PART TWO: 101 SOLUTIONS**

### **Ten Solutions for Individuals**

1. Be Responsible for Your Companion Animals.....54
2. Practice Humane “Pest” Control .....56
3. Let Go of Reliance on Animal Products ..58
4. Learn to Recognize Animal Suffering ....60
5. Switch to a Meatless Diet.....62
6. Do Without Dairy .....64
7. Begin in Your Own Backyard.....66
8. Find Your Niche in Animal Welfare .....68
9. Campaign Until the Cows Come Home..70
10. Step onto the Frontlines of Compassionate Activism ..... 72

### **Ten Solutions for Action Groups**

11. Create a Local Animal Welfare Action Group .....74
12. Connect with Your Community.....76
13. Help Animals Touch the Hearts of Humans .....78
14. Create an Animal Shelter .....80
15. Create an Animal Food Bank.....82
16. Offer Humane Education .....84
17. Educate the Legislators .....86
18. Find Your Big Issue and Run with It.....88
19. Practice nonviolent Activism.....90
20. Work with Other Groups .....92

### **Five Solutions for Schools**

21. Create Animal-Friendly Classrooms .....94
22. Help Children Voice Their Compassionate Choice .....96
23. Work Together to Preserve and Restore Habitat.....98

- 24. Create a Humane Biology Classroom..100
- 25. Offer Vegan and Vegetarian Choices  
in School Cafeterias .....102

**Five Solutions for Cities**

- 26. Create Habitat for Wildlife .....104
- 27. Encourage Urban Farms.....106
- 28. Ban Performing Animal Events .....108
- 29. Create and Enforce Animal  
Welfare Bylaws .....110
- 30. Make Humane Pest Control Part  
of City Planning.....112

**Five Solutions for Farmers**

- 31. Return to Family Farming Values .....114
- 32. Practice Humane Animal  
Husbandry.....116
- 33. Go Organic .....118
- 34. Share Your Habitat .....120
- 35. Switch to Food Crops for People .....122

**Five Solutions for Fishers**

- 36. Fish Sustainably .....124
- 37. Find Alternatives to Longlining.....126
- 38. Find Alternatives to Bottom Trawling...128
- 39. Stop Inhumane and Unnecessary  
Fishing Practices.....130
- 40. Stop Fish Farming .....132

**Ten Solutions for Businesses**

- 41. Offer Suffering-Free Options.....134
- 42. Ask Your Suppliers to Follow  
Humane Animal Practices.....136
- 43. Teach Animal Compassion to  
Your Staff .....138

- 44. Find Alternatives to Animal Product  
Testing .....140
- 45. Don't Sponsor Events Involving  
Animal Suffering .....142
- 46. Stop Selling Fur in the Name  
of Fashion .....144
- 47. Put Compassion on Your Menu .....146
- 48. Restock Your Shelves with Kindness....148
- 49. See the Forest for the Trees .....150
- 50. Use Your Influence for  
Preservation and Compassion .....152

**Twenty Solutions for Governments**

- 51. Include Animal Rights in  
Your National Constitution .....154
- 52. Abolish Trophy Hunting and  
Cruel Hunting Practices .....156
- 53. Outlaw Cruel Sporting Events .....158
- 54. End Exploitation for Entertainment....160
- 55. Create Legislation for  
Companion Animal Safety .....162
- 56. Write Legislation to Help Animal  
Abusers and Their Victims .....164
- 57. Outlaw the Captivity and Ownership  
of Large, Exotic Animals .....166
- 58. Cultivate Coexistence with  
Problem Animals.....168
- 59. Make Dissections in All Schools  
Optional .....170
- 60. Find Alternatives to Animal  
Experimentation .....172
- 61. Promote Organic Farming .....174
- 62. Write Legislation Protecting Farm  
Animals .....176
- 63. Address Global Climate Change.....178

64. Preserve Wilderness.....	180
65. Protect Habitat for Endangered Species..	182
66. Ban the Import of Endangered Species.....	184
67. Preserve Your Predators.....	186
68. Protect Our Primate Cousins .....	188
69. Work Together to Protect Global Fisheries .....	190
70. Use Your Purchasing Power to Help Animals.....	192

### **Ten Solutions for Developing Nations**

71. Replace Animal Trade with Ecotourism .....	194
72. Practice Sustainable Forestry.....	196
73. Create New National Parks and Wildlife Sanctuaries .....	198
74. End the Commercial Bushmeat Trade	200
75. Take a Stand Against International Whaling.....	202
76. Outlaw Sport and Trophy Hunting .....	204
77. End Wildlife Farming.....	206
78. Farm Sustainably .....	208
79. Go Organic — Not GM.....	210
80. Listen to the Dalai Lama.....	212

### **Ten Solutions for Species Under Pressure**

81. For the Amazon Rainforest .....	214
82. For Migratory Birds .....	216
83. For Tigers .....	218
84. For Canadian Harp Seals.....	220
85. For the Great Apes .....	222
86. For Orcas .....	224

87. For Dairy Cows and Their Calves .....	226
88. For African Grey Parrots .....	228
89. For Chickens .....	230
90. For Bats.....	232

### **Ten Global Solutions**

91. Recognize the Sentience of Animals....	234
92. Restore the Earth.....	236
93. Redefine the Role of the United Nations in Animal Welfare.....	238
94. Restructure CITES to Ensure the Protection of Endangered Species.....	240
95. Make Suffering in the Name of Fashion Illegal.....	242
96. Unite to End Suffering in Factory Farms .....	244
97. Unite to Tackle Global Climate Change .....	246
98. Unite to Preserve Our Oceans and Fisheries.....	248
99. Practice Reverence for Life.....	250
100. Create a Global Effort Around Animal Awareness.....	252

### **One Solution for All of Us**

101. Be a Solution to Animal Suffering.....	254
---	-----

<b>Notes</b> .....	256
--------------------	-----

<b>Index</b> .....	265
--------------------	-----

<b>About the Authors</b> .....	271
--------------------------------	-----