



Tier zuliebe.: Vegetarisch leben - eine Kostprobe (German Edition)

Birgit Klaus

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Die Unlust am Fleischessen wächst, die Zahl der Vegetarier auch. Aber gerade Gut- und Gernesser graut es vor dem Komplettverzicht. Ein Jahr ohne – mit Sachkenntnis und Situationskomik dokumentiert die Fernsehmoderatorin Birgit Klaus ihren Selbstversuch als Vegetarierin, die Abgründe der Fleischindustrie und die Erkundung vegetarischer Delikatessen. Sie stellt sich der verdrängten Wirklichkeit der Massentierhaltung und Schlachthöfe und fragt sich, auf welcher ethischen Grundlage ein Tier zum besten Freund des Menschen erhoben wird, während ein anderes als Schlachtvieh zur Welt kommt.

Ob Birgit Klaus' Cholesterinspiegel sinken und sie stattdessen unter Eisenmangel leiden wird, ob Menschen wie sie den Pflanzen retten oder ob „Bio“ der Schlüssel zum legitimen Fleischverzehr ist, das Buch fordert die Auseinandersetzung mit einem Thema, dessen Relevanz für die Menschlichkeit einer Gesellschaft nicht verkannt werden darf - tierzuliebe und uns zuliebe.

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