

Book List on Buddhist teachings on Not Eating Meat

To Cherish All Life by Philip Kapleau.

Compassionate Action by [Chatral Rinpoche](#)

The Great Compassion: Buddhism and Animal Rights by Norm Phelps

***Food of Bodhisattvas: Buddhist Teachings on Abstaining from Meat* by [Shabkar](#).**

Based on the teachings of the Buddha, this book offers the most compelling and impassioned indictment of meat-eating to be found in Tibetan literature and is pertinent to anyone interested in vegetarianism as a moral or spiritual issue. The Buddha's teachings show how destructive habits can be examined and transformed gradually from within. The aim is not to repress one's desire for meat and animal products by force of will, but to develop heartfelt compassion and sensitivity to the suffering of animals, so that the desire to exploit and feed on them naturally dissolves.