

Its Ok To Eat

Matthew Strohl

Its Ok To Eat:

Why It's OK to Eat Meat Dan C. Shahar, 2021-11-09 Vegetarians have argued at great length that meat eating is wrong Even so the vast majority of people continue to eat meat and even most vegetarians eventually give up on their diets Does this prove these people must be morally corrupt In Why It s OK to Eat Meat Dan C Shahar argues the answer is no it s entirely possible to be an ethical person while continuing to eat meat and not just the fancy offerings from the farmers market but also the regular meat we find at most supermarkets and restaurants Shahar's examination forcefully echoes vegetarians concerns about the meat industry s impacts on animals workers the environment and public health However he shows that the most influential ethical arguments for avoiding meat on the basis of these considerations are ultimately unpersuasive Instead of insisting we all become vegetarians Shahar argues each of us has broad latitude to choose which of the world's problems to tackle in what ways and to what extents and hence people can decline to take up this particular form of activism without doing anything wrong Key Features First book length defense of meat eating written for a popular audience Punchy accessible introduction to the multifaceted debate over the ethics of eating meat Includes pioneering new examinations of humane labeling practices Shows why appeals to universalized patterns of behavior can t vindicate vegetarians claims that there s a duty to avoid meat Develops a novel theory of ethical activism with potential applications to a wide range of other issues Why It's OK to Have Bad Spelling and Grammar Jessica Flanigan, 2025-02-28 Grammatical errors and orthographic mishaps are often played for laughs but this subtle sanctioning by the sticklerocracy can have real social consequences too Attention to prescriptive spelling and grammar rules is insidious and harmful As Jessica Flanigan argues in Why It s OK to Have Bad Spelling and Grammar grammarianism often maintains hierarchies entrenches the advantages of privileged groups and imposes arbitrary barriers to knowledge production and innovation For example the stigmatization of bad spelling and grammar disadvantages linguistic minorities non native speakers and people with disabilities Spelling and grammar norms are also frequently arbitrary and unnecessary. The petty grammandos among us who cling to pedantic linguistic conventions are standing in the way of innovative forms of communication and efficient speech such as the emoji For these reasons Flanigan argues that bad spelling and grammar are OK It s time to break free from the tyranny of the grammilitia in the name of comprehension and creativity As long as speakers and writers can effectively communicate to charitable listeners and readers people shouldn t care about bad spelling and grammar Key Features Explains why spelling tests and spelling bees are counterproductive in achieving literacy and better communication Engages with the history of language policing and the brave anti grammarian resistance Describes some of the key benefits of linguistic liberalism Proposes a political agenda to resist the sticklerocracy and overthrow a world of word nerds It's OK Not to Think for Yourself Jonathan Matheson, 2023-09-29 We tend to applaud those who think for themselves the ever curious student for example or the grownup who does their own research Even as we re applauding however we

ourselves often don't think for ourselves This book argues that s completely OK In fact it's often best just to take other folks word for it allowing them to do the hard work of gathering and evaluating the relevant evidence In making this argument philosopher Jonathan Matheson shows how expert testimony and the wisdom of crowds are tested and provides convincing ideas that make it rational to believe something simply because other people believe it Matheson then takes on philosophy s best arguments against his thesis including the idea that non self thinkers are free riding on the work of others Socrates claim that the unexamined life isn t worth living and that outsourcing your intellectual labor makes you vulnerable to errors and manipulation Matheson shows how these claims and others ultimately fail and that when it comes to thinking we often need not be sheepish about being sheep Key Features Discusses the idea of not thinking for yourself in the context of contemporary issues like climate change and vaccinations Engages in numerous contemporary debates in social epistemology Examines what can be valuable about thinking for yourself and argues that these are insufficient to require you to do so Outlines the key practical takeaways from the argument in an epiloque Why It's OK to Be of Two Minds Jennifer Church, 2020-09-22 Most of us experience the world through competing perspectives A job or a religion seems important and fulfilling when looked at in one way but from a different angle they seem tedious or ridiculous A friend is obtuse from one point of view wise from another Continuing to hold both views at once can be unsettling highlighting conflicts between our own judgments and values and undermining our ability to live purposefully and effectively Yet as Jennifer Church argues in this book inner conflict can be a good thing and not just as a temporary road bump on the road to resolution This book describes several desirable types of double consciousness or being of two minds and explains why and how they should be maintained Church looks critically at some common ideas about identity including a popular belief about narratives that suggests our lives should make sense as a story She also examines how empathy can helpfully cause us to be of two minds and how various forms of irony and laughter enable us to benefit from holding onto opposing views Finally Church shows the merit of acknowledging reality while sometimes being guided by fantasy Why It s OK to Be of Two Minds is for anyone who s held two opposing views simultaneously which is to say it s for everyone Key Features Argues against a long standing philosophical idea that it is important to resolve inner conflicts that result from competing systems of beliefs Examines the role of empathy and friendship in maintaining a valuable form of double consciousness Considers how irony and laughter allow us to dedicate ourselves to our particular projects while acknowledging their ultimate insignificance Shows how fantasies that conflict with our beliefs can make a positive contribution to the way we live our lives Why It's **OK to Be a Slacker** Alison Suen, 2021-04-08 Stop slacking off Your parents may have said this to you when you were deep into a video gaming marathon Or maybe your roommate said it to you when you were lounging on the couch scrolling through Instagram You may have even said it to yourself on days you did nothing But what is so bad about slacking Could it be that there s nothing bad about not making yourself useful Against our hyper productivity culture Alison Suen critically

interrogates our disapproval of slackers individuals who do the bare minimum just to get by She offers a taxonomy of slackers analyzes common objections to slacking and argues that each of these objections either fails or carries problematic assumptions But while this book defends slacking it does not promote the slacker lifestyle as the key to something better such as cultural advancement and self actualization as some pro leisure scholars have argued In fact Suen argues that slacking is unique precisely because it serves no noble cause Slacking is neither a deliberate protest to social ills nor is it a path to autonomy Slackers just slack By examining the culture of hyper productivity Suen argues that it is in fact OK to be a slacker Key Features Demonstrates the uniqueness of slacking via a critical examination of six distinct pro leisure philosophical accounts Articulates a taxonomy of slackers as well as in depth examinations of Hollywood slackers and slackers in academia Examines common objections to slacking like the freeloading problem and offers a rebuttal to each of them Offers an understanding of our productivity culture from an existential perspective Why It's OK to Want to Be **Rich** Jason Brennan, 2020-09-22 Finger wagging moralizers say the love of money is the root of all evil They assume that making a lot of money requires exploiting others and that the best way to wash off the resulting stain is to give a lot of it away In Why It s OK to Want to Be Rich Jason Brennan shows that the moralizers have it backwards He argues that in general the more money you make the more you already do for others and that even an average wage earner is productively giving back to society just by doing her job In addition wealth liberates us to have the best chance of leading a life that s authentically our own Brennan also demonstrates how money based societies create nicer more trustworthy and more cooperative citizens And in another chapter that takes on the new historians of capitalism Brennan argues that wealthy nations became wealthy because of their healthy institutions not from their horrific histories of slavery or colonialism While writing that the more money one has the more one should help others Brennan also notes that we weren t born into a perpetual debt to society It s OK to get rich and it s OK to enjoy being rich too Key Features Shows how the desire to become wealthy in an open and fair market helps maximize cooperation and lessens the chance of violence and war Argues that it is much easier for the average for profit business to add value to the world than it is for the average non profit Demonstrates that the kinds of virtues e g conscientiousness thoughtfulness hard work that lead to desirable personal and civic states e g happy marriages stable families engaged citizens also make people richer Argues that living in small clans for most of their history has given humans a negative attitude towards anyone acquiring more than her fair share an attitude that s ill suited for our market driven globally connected world In a final provocative chapter maintains that ideal economic growth is infinite Why It's OK to Enjoy the Work of Immoral Artists Mary Beth Willard, 2021-03-01 The metoo movement has forced many

Why It's OK to Enjoy the Work of Immoral Artists Mary Beth Willard, 2021-03-01 The metoo movement has forced many fans to consider what they should do when they learn that a beloved artist has acted immorally One natural thought is that fans ought to give up the artworks of immoral artists In Why It's OK to Enjoy the Work of Immoral Artists Mary Beth Willard argues for a more nuanced view Enjoying art is part of a well lived life so we need good reasons to give it up And it turns out

good reasons are hard to find Willard shows that it's reasonable to believe that most boycotts of artists won t succeed so most of the time there s no ethical reason to join in Someone who manages to separate the art from the artist isn t making an ethical mistake by buying and enjoying their art She then considers the ethical dimensions of canceling artists and the so called cancel culture arguing that canceling is ethically risky because it encourages moral grandstanding Willard concludes by arguing that the popular debate has overlooked the power of art to change our lives for the good It s of course OK to decide to give up the artwork of immoral artists but as Willard shows in this provocative little volume it s OK to continue to enjoy their art as well Key Features Offers accessible discussions of complicated philosophical topics like aesthetic value collective action problems and epistemic justice Provides a unique perspective and underexplored argument on the popular issue of cancellation Explores the role of aesthetic value in our lives including its relation to our ethical decisions and our well being Why It's OK to Be a Sports Fan Alfred Archer, Jake Wojtowicz, 2023-07-04 This book offers readers a pitch side view of the ethics of fandom Its accessible six chapters are aimed both at true sports fans whose conscience may be occasionally piqued by their pastime and at those who are more certain of the moral hazards involved in following a team or sport Why It s OK to Be a Sports Fan wrestles with a range of arguments against fandom and counters with its own arguments on why being a fan is very often a good thing It looks at the ethical issues fans face from the violent or racist behavior of those in the stands to players infamous misdeeds to owners debasing their own clubs In response to these moral risks the book argues that by being critical fans followers of a team or individual can reap the benefits of fandom while avoiding many of the ethical pitfalls The authors show the value in deeply loving a team but also how a condition of this value is recognizing that the love of a fan comes with real limits and responsibilities Key Features Provides an accessible introduction to a key area of the philosophy of sport Closely looks at some of the salient ethical concerns around sports fandom Proposes that the value of community in partisan fandom should not be underestimated as a key feature of the good life Examines how the same emotions and environments that can lead to violence are identical to those that lead to virtuous loyalty Argues for a fan's responsibility in calling out violence or racist behavior from their fellow fans Why It's OK to Ignore Politics Christopher Freiman, 2020-08-13 Do you feel like you re the only person at your office without an I Voted sticker on Election Day It turns out that you re far from alone 100 million eligible U S voters never went to the polls in 2016 That s about 35 million more than voted for the winning presidential candidate In this book Christopher Freiman explains why these 100 million need not feel guilty Why It s OK to Ignore Politics argues that you re under no obligation to be politically active Freiman addresses new objections to political abstention as well as some old chestnuts But what if everyone stopped voting He also synthesizes recent empirical work showing how our political motivations distort our choices and reasoning Because participating in politics is not an effective way to do good Freiman argues that we actually have a moral duty to disengage from politics and instead take direct action to make the world a better place Key Features Makes the case

against a duty of political participation for a non expert audience Presupposes no knowledge of philosophy or political science and is written in a style free of technical jargon Addresses the standard much repeated arguments for why one should vote e g one shouldn t free ride on the efforts of others Presents the growing literature on politically motivated reasoning in an accessible and entertaining way Covers a significant amount of new ground in the debate over a duty of political participation e q whether participating absolves us of our complicity in state injustice Challenges the increasingly popular argument from philosophers and economists that swing state voting is effective altruism Discusses the therapeutic benefits of ignoring politics it s good for you your relationships and society as a whole It's OK to Cry in the Garden Nanditta Colbear, 2014-09-27 Life is not about the destination but about the journey The path is not always smooth there are obstacles and potholes It s OK to Cry in the Garden is a true story of a couple navigating the trials and tribulations that life throws out It is about trading the rigours of a city lifestyle for the challenges of country living It is about choices and decisions some good some bad They grow in their relationship as each starts to understand what is truly important to them As they make discoveries alter paths and learn from nature they realize that the lows raise them to new heights Be Rich Warren L. Adams, 2007-04-01 An ordained Baptist minister presents an eye opening examination of the Christians **The New Breed** Kate Darling, 2021-04-20 For readers of The Second Machine Age or dilemma is it okay to seek wealth The Soul of an Octopus a bold exciting exploration of how building diverse kinds of relationships with robots inspired by how we interact with animals could be the key to making our future with robot technology work There has been a lot of ink devoted to discussions of how robots will replace us and take our jobs But MIT Media Lab researcher and technology policy expert Kate Darling argues just the opposite suggesting that treating robots with a bit of humanity more like the way we treat animals will actually serve us better From a social legal and ethical perspective she shows that our current ways of thinking don't leave room for the robot technology that is soon to become part of our everyday routines Robots are likely to supplement rather than replace our own skills and relationships So if we consider our history of incorporating animals into our work transportation military and even families we actually have a solid basis for how to contend with this future A deeply original analysis of our technological future and the ethical dilemmas that await us The New Breed explains how the treatment of machines can reveal a new understanding of our own history our own systems and how we relate not just to nonhumans but also to one another Why It's OK to Love Bad Movies Matthew Strohl, 2022-01-06 Most people are too busy to keep up with all the good movies they d like to see so why should anyone spend their precious time watching the bad ones In Why It s OK to Love Bad Movies philosopher and cinematic bottom feeder Matthew Strohl enthusiastically defends a fondness for disreputable films Combining philosophy of art with film criticism Strohl flips conventional notions of good and bad on their heads and makes the case that the ultimate value of a work of art lies in what it can add to our lives By this measure some of the worst movies ever made are also among the best Through detailed discussions of films such as Troll 2

The Room Batman Robin Twilight Ninja III The Domination and a significant portion of Nicolas Cage's filmography Strohl argues that so called bad movies are the ones that break the rules of the art form without the aura of artistic seriousness that surrounds the avant garde These movies may not win any awards but they offer rich opportunities for creative engagement and enable the formation of lively fan communities and they can be a key ingredient in a fulfilling aesthetic life Key Features Written in a humorous approachable style appealing to readers with no background in philosophy Elaborates the rewards of loving bad movies such as forming unlikely social bonds and developing refinement without narrowness Discusses a wide range of beloved bad movies including Plan 9 from Outer Space The Core Battlefield Earth and Freddy Got Fingered Contains the most extensive discussion of Nicolas Cage ever included in a philosophy book Why It's OK to Make Bad Choices William Glod, 2020-08-13 If we are kind people we care about others including others who tend to hurt themselves We all have friends or family members who have potential but squander or even ruin their lives from things like drug abuse unwise spending decisions or poor dietary habits Concern for others often motivates us to endorse laws or private interventions meant to keep people from harming themselves even if that s what they want to do in the moment However it is far from clear that such paternalistic measures are on net benign and they tend to violate an understanding that we should let adults make their own decisions In this little book William Glod argues that it s OK to allow people to make bad choices It s OK even if those choices risk causing a lot of harm Most defenders of paternalism agree that some bad choices are not harmful enough to require laws to stop them However Glod goes further He argues that some people might want and deserve the freedom to make truly bad choices because such freedom is the only way they can act responsibly He also argues that some bad choices may not even be bad even if we can t know with confidence a person s true desires In addition the book explores choices that are bad because they might impose high monetary costs on others arguing that mandatory insurance may be a better solution than eliminating the choice Finally it explores the potential pitfalls of paternalistic laws and policies and how unintended costly consequences can sabotage the most well intended plans Key Features Introduces key concepts for understanding paternalism and freedom of choice for undergraduates and general readers Discusses how many of our preferences are not easily understood by others and shows how assumptions of what our true preferences can often backfire Explores ways in which people may want the freedom to make mistakes Examines the unintended consequences and associated problems of many paternalistic laws and regulations It's OK to Go Up the Slide Heather Shumaker, 2016-03-08 When it comes to parenting sometimes you have to trust your gut With her first book It's OK Not to Share Heather Shumaker overturned all the conventional rules of parenting with her renegade rules for raising competent and compassionate kids In It s Ok To Go Up the Slide Shumaker takes on new hot button issues with renegade rules such as Recess Is A Right It's Ok Not To Kiss Grandma Ban Homework in Elementary School Safety Second Don't Force Participation Shumaker also offers broader guidance on how parents can control their own fears and move from an overscheduled life to

one of more free play Parenting can too often be reduced to shuttling kids between enrichment classes but Shumaker challenges parents to reevaluate how they re spending their precious family time This book helps parents help their kids develop important life skills in an age appropriate way Most important parents must model these skills whether it s technology use confronting conflict or coping emotionally with setbacks Sometimes being a good parent means breaking all the rules Why It's OK to Be Fat Rekha Nath, 2024-07-25 Officially Western societies are waging a war on obesity Unofficially we are waging a war on fat people Anti fat sentiment is pervasive and fat people suffer a host of harms as a result workforce discrimination inferior medical care relentless teasing and internalized shame A significant proportion of the population endures such harms Yet that is not typically regarded as a serious problem Most of us aren t quite sure Is it really OK to be fat This book argues that it is In Why It's OK to Be Fat Rekha Nath convincingly argues that onventional views of fatness in Western societies as a pathology to be fixed or as a moral failing are ill conceived Combining careful empirical investigation with rigorous moral argumentation this book debunks popular narratives about weight health and lifestyle choices that underlie the dominant cultural aversion to fatness It argues that we should view fatness through the lens of social equality examining the wide ranging ways that fat individuals fail to be treated as equals According to Nath it is high time that we recognize sizeism the systematic ways that our society penalizes fat individuals for their size as a serious structural injustice akin to racism sexism and homophobia For additional online material from the author related to this book It'S Ok to Say the Name of Jesus Gloria Ector, 2017-10-20 On the pages in this book my hope is please see rekhanath net that you experience the enduring love and encouragement of God and the ultimate gift of himself through his Son Jesus Christ Through each inspirational story accompanied by supportive scriptures I hope that youll be inspired and encourage by the daily devotional journal Through the writing of this book Ive come to see with clarity the awesomeness of the God we serve and his ability and willingness to nurture protect and deliver us through and out of any situation we may experience in our life The Lord is a call away and his ears are not too heavy that he cannot hear you The calls he answered in the days of old he still answers today The Lord so beautifully said in Isaiah 41 17 When the poor and needy seek water and there is none and their tongue faileth for thirst I the Lord will hear them I the God of Israel will not forsake them In writing this book my faith has been renewed my strength has been strengthened and my relationship with him has been restored We have an inheritance from God and Jesus has gladly paid the cost for our inheritance As you travel through each page of this book and revisit the living portrait of his splendor glory and the inheritance that he left to us we now know that it is OK to say the name of Jesus And therefore will the LORD wait that He may be gracious unto you and therefore will He be exalted that He may have mercy upon you for the LORD is a GOD of judgement blessed are all they that wait for Him Isaiah 30 18 KJV

IT'S ALL GOOD Karen Kellock,2021-09-27 The unique can t endure remarks from retards so become increasingly isolated seeming even more bizarre A deep empath is tortured by gossip and ridicule and it s the reason genius dies early

from drugs and alcohol It helped immensely to know it wasn t each I was mad at but being imposed on by the whole generation the communist spirit see Cover design by Karen Kellock inside art by Blaze Goldburst **The Rules of Normal Eating** Karen R. Koenig,2011-02 Does this sound like you Food will make me fat My body should be perfect I a m ashamed of how I eat I am not in control of my body I am only loveable when I m thin Written in easy to understand everyday language Koenig lays out the four basic rules that normal eaters follow instinctively eating when they re hungry choosing foods that satisfy them eating with awareness and enjoyment and stopping when they re full or satisfied Along with specific skills and techniques that help promote change the book presents a proven cognitive behavioral model of transformation that targets beliefs feelings and behaviors about food and eating and points the way toward genuine physical and emotional fulfillment Learn the four rules that normal eaters follow instinctively Change negative thinking and unhealthy habits Manage difficult emotions rather than starving or stuffing them Feel healthy and normal around food Create a life that is truly satisfying

Kim Lyons' Your Body, Your Life Kim Lyons, Lara McGlashan, 2008-02 On NBC s hit TV show The Biggest Loser trainer Kim Lyons encouraged cajoled and inspired her team members to change their lives And they did not only losing an incredible amount of weight in the process but gaining a world of knowledge about fitness nutrition and enjoying an all around healthy lifestyle Now Kim is leading the way again ready to work that same magic on everyone Her totally life changing new guide bursting with color illustrations presents Kim s tested program for optimizing your health in just 12 short weeks You ll feel almost as if she s right there working with you Kim who received her personal training certification from the National Academy of Sports Medicine puts her time tested fat burning circuit training system and solid comprehensive nutrition plan right at your fingertips She understands the psychological and practical barriers facing those starting a new program and offers simple strategies to help anyone adopt and maintain a healthier lifestyle Every aspect of fitness and nutrition is explained such as the role of genetics metabolism and body type in achieving success the importance of meal planning and journaling and how to exercise to maximize your time and increase your calorie burn To illustrate her key points many of Lyons clients tell their uplifting personal stories and Lyons herself answers a wide range of burning questions At the end of each chapter a Homework section sets out several goals to achieve be they mental physical or emotional that reinforce key points learned in that chapter

Unveiling the Magic of Words: A Review of "Its Ok To Eat"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "Its Ok To Eat," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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