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Veganism is the practice of abstaining from the use of animal products, particularly in diet, and an associated philosophy that rejects the commodity status of animals. Vegetarianism is the practice of abstaining from the consumption of meat (red meat, poultry, seafood, and the flesh of any other animal), and may also include abstention from by-products of animal slaughter. Thanks in large part to the #MeToo movement and to the increasing number of women who are courageously sharing their stories, the narrative around sexual assault and rape is changing. Books at Amazon. The Amazon.com Books homepage helps you explore Earth's Biggest Bookstore without ever leaving the comfort of your couch. Here you'll find current best sellers in books, new releases in books, deals in books, Kindle eBooks, Audible audiobooks, and so much more.