

# THE MAD COWBOY

## NATURE DOES NOT NEGOTIATE

A FREE LECTURE BY HOWARD LYMAN



PRESENTED BY



Healthy You  
Network *"It's about the food"*

**THE LOFT CINEMA**

★ **SEPTEMBER 22** ★

**4TH GENERATION CATTLE RANCHER TURNED VEGAN  
FOUNDER OF VOICE FOR A VIABLE FUTURE**

ARRIVE EARLY FOR A SPECIAL MEET AND GREET FROM 5 - 7 PM WITH LOCAL FOOD VENDORS  
FOR MORE INFORMATION, PLEASE VISIT: [WWW.HEALTHYYOUNETWORK.ORG](http://WWW.HEALTHYYOUNETWORK.ORG)



# NATURE DOES NOT NEGOTIATE



A former Montana cattle rancher, Howard Lyman is a world-renowned public speaker, author, and animal advocate. He is also the founder of Voice for a Viable Future and the subject of two documentary films, *Mad Cowboy* and *Peaceable Kingdom: The Journey Home*.

"The question we must ask ourselves as a culture is whether we want to embrace the change that must come, or resist it. Are we so attached to the dietary fallacies with which we were raised, so afraid to counter the arbitrary laws of eating taught to us in childhood by our misinformed parents, that we cannot alter the course they set us on, even if it leads to our own ruin? Does the prospect of standing apart

or encountering ridicule scare us even from saving ourselves?

That prospect intimidated me once, and I can only wonder now what I was frightened of. It's hard to imagine, now that I'm a hundred thirty pounds lighter, infinitely healthier, more full of life and energy, much happier. Now that I have vegetarian friends wherever I go, and feel part of a movement that is not so much political as it is a march of the human heart. Now that I understand how much is at stake. Now that I've come to relish shaking people up."

**ARRIVE EARLY AND MEET HOWARD LYMAN  
WHILE ALSO ENJOYING LOCAL FOOD VENDORS  
FROM 5 - 7 PM**