N. Stephens Griffin

Understanding Veganism

Biography and Identity

Series: Palgrave Studies in Animals and Social Problems

► Reflects the increasing significance of veganism as a mainstream political, ethical and consumer issue
► Contributes to the diverse fields of Critical Animal Studies and Biographical Research
► Explores the important and nuanced differences between vegetarianism, veganism and other forms of animal advocacy

This book focuses on the increasingly popular phenomenon of veganism, a way of living that attempts to exclude all animal products on ethical grounds. Using data from biographical interviews with vegans, the author untangles the complex topic of veganism to understand vegan identity from a critical and biographical perspective. Shaped by the participants’ biographical narratives, the study considers the diverse topics of family, faith, sexuality, gender, music, culture, embodiment and activism and how these influence the lives and identities of vegans. It also highlights the hostility vegans face, and how this hostility functions in the everyday, and intersects with other aspects of their identity and biography, exemplified through ‘coming out’ and ‘queer’ narratives of veganism.

Understanding Veganism will be of particular interest to those engaged in the fields of biographical research, critical animal studies or more broadly with an interest in animal advocacy.

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