

Why I Went Vegan

by Ginnifer Goodwin



For most of my life I naively lived on cheeseburgers, macaroni and cheese, and chicken nuggets; a family dinner always meant steak. Then one day a year and a half ago, it hit me over the head while I was making a hearty breakfast that it wasn't, in the grand scheme of earthly things, intended for me. What would happen to my body, to my soul, if I did not consume an animal or anything taken from an animal? So I educated myself. I

relinquished the safety blanket of my ignorance...

...Because of veganism, I find myself embracing all living things, even the trees outside, in unexpected ways. I never feel guilty because of what I've eaten or because of the handbag I'm carrying. When people ask, I always tell them, "I didn't stop eating animal products because I didn't like the taste. I loved the taste! But in this life, I want to inflict as little pain as possible." To everyone who argues that we can treat our fellow earthlings this way and so we should, I like to quote Harry Potter's Dumbledore, who said: "It is our choices, Harry, that show us what we truly are, far more than our abilities." I adore that.

Ginnifer Goodwin, *O Magazine*