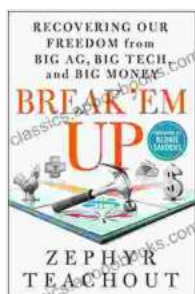


# Recovering Our Freedom From Big Ag, Big Tech, and Big Money

By Daphne Wysham

In *Recovering Our Freedom From Big Ag, Big Tech, and Big Money*, Daphne Wysham unveils the ways that these powerful forces are undermining our health, our environment, and our democracy. She also offers a clear path to a more just and sustainable future.



## Break 'Em Up: Recovering Our Freedom from Big Ag, Big Tech, and Big Money by Zephyr Teachout

★★★★☆ 4.6 out of 5

Language : English  
File size : 2429 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 316 pages



Wysham begins by describing the ways that Big Ag has consolidated its power over the food system. She shows how this consolidation has led to a decline in the diversity of our food supply, an increase in the use of harmful pesticides and herbicides, and a decline in the nutritional value of our food.

Wysham then turns her attention to Big Tech. She shows how these companies have used their vast wealth and power to collect and control our

data. She also shows how they have used this data to manipulate our behavior and to undermine our privacy.

Finally, Wysham takes on Big Money. She shows how the wealthy elite have used their money to buy influence over our government and to rig the system in their favor. She also shows how this has led to a decline in economic mobility and a widening gap between the rich and the poor.

Wysham's book is a powerful indictment of the corporate power that is undermining our freedom. But it is also a hopeful book. Wysham offers a clear path to a more just and sustainable future. She shows how we can break up the monopolies that are controlling our food system, our data, and our government. She also shows how we can create a more democratic and equitable society.

Recovering Our Freedom From Big Ag, Big Tech, and Big Money is a must-read for anyone who cares about the future of our planet and our democracy. It is a powerful call to action that will inspire you to fight for a better world.

## **Praise for Recovering Our Freedom From Big Ag, Big Tech, and Big Money**

"Daphne Wysham has written a powerful and important book. She shows how the concentration of power in the hands of a few corporations is undermining our health, our environment, and our democracy. She also offers a clear path to a more just and sustainable future. This book is a must-read for anyone who cares about the future of our planet and our democracy." —Robert F. Kennedy Jr., environmental activist

"Daphne Wysham's *Recovering Our Freedom From Big Ag, Big Tech, and Big Money* is a tour de force. She exposes the ways that these powerful forces are undermining our health, our environment, and our democracy. She also offers a clear path to a more just and sustainable future. This book is a must-read for anyone who wants to understand the challenges facing our world today and to find solutions." —Vandana Shiva, environmental activist and author

"Daphne Wysham has written a powerful and important book. She shows how the concentration of power in the hands of a few corporations is undermining our health, our environment, and our democracy. She also offers a clear path to a more just and sustainable future. This book is a must-read for anyone who cares about the future of our planet and our democracy." —Ralph Nader, consumer advocate and author

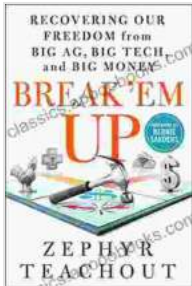
### **About the Author**

Daphne Wysham is an environmental activist and author. She is the founder and executive director of the Center for Food Safety, a nonprofit organization that works to protect human health and the environment from the harmful effects of industrial agriculture. Wysham is the author of several books, including *Eating With Conscience: The Penguin Book of Ethically Correct Food* and *The Veggie Queens: The Story of Six Women Who Took on the Meat Industry and Changed the World*.

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