

Mark Mathew BRAUNSTEIN

Print-Published WRITINGS

www.MarkBraunstein.Org

Updated February 2023

FELLOWSHIPS & GRANTS

- © 2019 – *Culture & Animals Foundation* – grant for research for and videography of “Vegetarianism in Art,” video posted at: <https://youtu.be/NTclsqvDSGM>
- © 2017 – *Vermont Studio Center* – writer’s full fellowship for one month
- © 1992 – *Culture & Animals Foundation* – grant for research, travel, and lecture “Animals in Art” at Spoleto Animal Festival, Raleigh, NC www.cultureandanimals.org
- © 1985 & 1986 – *Rhode Island School of Design* – Faculty Development Grants

BOOKS

MINDFUL MARIJUANA SMOKING: Health Tips for Cannabis Smokers

- © Rowman & Littlefield Publishers, a large academic press well known within academia
- © <https://rowman.com/ISBN/9781538156681/Mindful-Marijuana-Smoking-Health-Tips-for-Cannabis-Smokers>
- © Amazon with *Look Inside* & Kindle & Audible audiobook: www.amazon.com/dp/1538156679
- © Google Books with *Preview*: www.google.com/books/edition/Mindful_Marijuana_Smoking/AdVKEAAAQBAJ
- © World Catalog: www.worldcat.org/title/mindful-marijuana-smoking-health-tips-for-cannabis-smokers/oclc/1273912648
- © Library of Congress: <https://lcn.loc.gov/2021051061>
- © my *Instagram* account devoted to this book: www.instagram.com/mindful_mj_smoking/
- © my webpage for this book: www.MarkBraunstein.Org/mindful-marijuana-smoking
- © published July 2022, four excerpts have appeared in 2022-2023 in British cannabis magazine, *Weed World*, and one in 2023 in the horticulture magazine, *Grow*

MICROGREEN GARDEN: Indoor Grower's Guide to Gourmet Greens

- © with 70 photos, including on front and back covers, all by the author
- © Book Publishing Company (a/k/a Healthy Living Publications)
- © since 2013, in its 6th printing www.bookpubco.com/content/microgreen-garden
- © Google Books with *Preview*: <http://books.google.com/books?isbn=1570672946>
- © Amazon with *Look Inside*: <http://www.amazon.com/dp/1570672946>
- © book review: www.spiritofchange.org/microgreen-garden-indoor-growers-guide-to-gourmet-greens
- © Library of Congress: <https://lcn.loc.gov/2013002999>
- © all of my photos in the book: www.instagram.com/mark_mathew_braunstein
- © Spanish translation: *El Jardín de las Microverduras*, Ediciones Obelisco, 2019
 - © Amazon at: <https://www.amazon.com/dp/8491114211>
 - © Google Books, with *Preview*: <https://books.google.com/books?id=Gd3BwAEACAAJ>
- © German translation: *Microgreen Küchengarten*, Silberschnur Verlag, 2020
 - © Amazon Germany with *Look Inside* at: www.amazon.de/dp/3898456129
 - © Amazon USA at: www.amazon.com/MicroGreen-Kuechengarten/dp/3898456129/
- © author’s entire website devoted to book: www.microgreengarden.com

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BOOKS, continued

FINAL THOUGHTS: One Mortal's Quest to Laugh at Death – A Thanatology Anthology

- ⊙ with front cover, back cover, and interior photomontages by the author
- ⊙ Panacea Press, 2019
- ⊙ Google Books: <https://books.google.com/books?id=3TO3wwEACAAJ>
- ⊙ Amazon with *Look Inside*: www.amazon.com/dp/0963566369
- ⊙ Library of Congress: <https://lccn.loc.gov/2018966460>
- ⊙ all the artworks and frontispieces in the book: www.instagram.com/mark_mathew_braunstein
- ⊙ author's webpage for this book: www.markbraunstein.org/final-thoughts

SPROUT GARDEN: Indoor Grower's Guide to Gourmet Sprouts

- ⊙ with front and back cover photos by the author
- ⊙ Book Publishing Company (a/k/a Healthy Living Publications)
- ⊙ 1993, revised 1999, now in its 7th printing www.bookpubco.com/content/sprout-garden
- ⊙ Google Books, with *Preview*: <http://books.google.com/books?id=pK21I-CC7tsC>
- ⊙ Amazon with *Look Inside*: <http://www.amazon.com/dp/1570670730>
- ⊙ Library of Congress: <https://lccn.loc.gov/99014286>
- ⊙ some of my photos in the book: www.instagram.com/mark_mathew_braunstein
- ⊙ Hungarian translation: *Csirakert a konyhában*, Bioenergetic Kiado, Budapest, 2014
- ⊙ Mexican translation: *El Jardín de los Germinados*, Panorama Editorial, 1995
- ⊙ Spanish translation: *Germinados*, Ediciones del Serbal, Barcelona, 2012
 - ⊙ Amazon at: www.amazon.com/dp/8476286880
 - ⊙ Google Books: <https://books.google.com/books/about/Germinados.html?id=7LXfBAAAQBAJ>
- ⊙ author's webpage for this book: www.markbraunstein.org/sprout-garden

GOOD GIRLS on BAD DRUGS: Addiction Nonfiction in a Revised Edition

- ⊙ with 40 photos as well as front cover photo by the author
- ⊙ Panacea Press, 2017; Revised Edition, 2019
- ⊙ Google Books: <https://books.google.com/books?id=DWRIwQEACAAJ>
- ⊙ Amazon with *Look Inside*: <https://www.amazon.com/dp/0963566342>
- ⊙ 5 chapters serialized in 9 issues of *Neighbors* (see this bibliography's page 4)
- ⊙ *Kirkus Reviews* book review:
www.kirkusreviews.com/book-reviews/mark-mathew-braunstein/good-girls-on-bad-drugs
- ⊙ local newspaper article:
www.theday.com/local-news/20190209/retired-librarians-book-details-lives-of-local-sex-workers
- ⊙ Library of Congress: <https://lccn.loc.gov/2018954099>
- ⊙ 9-minute book trailer video: <https://youtu.be/gTle2oKFFc4>
- ⊙ author's webpage for this book: www.markbraunstein.org/sample-chapters

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BOOKS, continued

RADICAL VEGETARIANISM: A Dialectic of Diet & Ethic

- ⊙ Lantern Books, NYC, 30th anniversary revised edition, 2010
- ⊙ Panjandrum Books, San Francisco, three printings since 1981
- ⊙ Google Books with *Preview*: <http://books.google.com/books?isbn=1590562569>
- ⊙ Amazon (formerly with *Look Inside*): www.amazon.com/dp/1590561511
- ⊙ Library of Congress: <https://lcn.loc.gov/2009024467>
- ⊙ all the artworks in the book: www.instagram.com/mark_mathew_braunstein
- ⊙ author's webpage for this book: www.markbraunstein.org/radical-vegetarianism

BOOK ANTHOLOGY contributions

The Animal Anthology Project: True Tails, edited by Christine Catlin, 2012

- ⊙ *My Wildest Dreams* – essay chapter contributor to *Part 5: Other Critters*
 - ⊙ Amazon with *Look Inside*: www.amazon.com/dp/1479707481

From There to Here: Stories of Adjustment to Spinal Cord Injury - No Limits Communications, printed book 2004, Kindle eBook reprint 2013

- ⊙ *Take the Pain* – essay chapter contributor
 - ⊙ Kindle w/ *Look Inside*: www.amazon.com/dp/B011HNQG2Y

Kafka Kaleidoscope: Essays, Poetry & Fiction – Birch Bark Press, 1999

- ⊙ *Prague, 1974* – essay chapter contributor
- ⊙ Amazon with *Look Inside*: www.amazon.com/dp/0913559520
- ⊙ Library of Congress: <https://lcn.loc.gov/98072792>

Slide Buyers' Guide: An International Directory of Slide Sources for Art & Architecture

- ⊙ Libraries Unlimited, 1986 – *co-editor* (1990 edition re-titled *Image Buyers' Guide*)
- ⊙ Library of Congress: <https://lcn.loc.gov/85019857>

Life in the 21st Century – 21st Century Publications, 1981

- ⊙ *Into the Ate-ies; & Fasting, Chlorophyll and Color* – 2 essay chapters contributor
- ⊙ Library of Congress: <https://lcn.loc.gov/81184786>

Art Index – Volumes 28, 29 & 30 – H.W.Wilson, NYC, 1980-83 – *assistant editor*

- ⊙ www.ebsco.com/products/digital-archives/retrospective-indexes/art-index-retrospective
- ⊙ Library of Congress: <https://lcn.loc.gov/00215120>

Issue Editor for PERIODICALS

The Trumpeter: Journal of Eco-Philosophy – Fall 1990, Volume 7, Number 4

- ⊙ Twelve article anthology of *Wild Life & Human Life* – guest editor
 - ⊙ web reprint: <http://trumpeter.athabasca.ca/index.php/trumpet/issue/view/51>

Inside Information – semi-annual newsletter of the Connecticut College Library

- ⊙ co-editor 2004 to 2008, contributor 2004-13
- ⊙ full downloads at: <http://digitalcommons.conncoll.edu/isnews/>

MAGAZINE ARTICLES *listed in reverse chronological order*

Spirit of Change Magazine: Holistic New England

- ⊙ *Playing with Fire*: Safer Ways to Fire Up Your Herb – pages 30-31, Fall 2022
 - ⊙ web reprint at: <https://www.spiritofchange.org/playing-with-fire/>
 - ⊙ reprinted in *Neighbors*, January 2023
- ⊙ *Confessions of a Vegan Food Purist* – pages 18-19, Spring 2022, Vol 35, No.146
 - ⊙ reprinted in *Neighbors*, July 2022
- ⊙ *When Good Vegans Make Bad Neighbors* – pages 22-24, Fall 2020, Vol 33, No.143
 - ⊙ web reprint at: www.spiritofchange.org/when-good-vegans-make-bad-neighbors
 - ⊙ reprinted in *Neighbors*, October 2020
- ⊙ *Breathe Easy*: The Number-One Health Tip for Cannabis Smokers is Also the Easiest – page 30, Spring 2020, Vol 33, No.142
 - ⊙ web reprint at: www.spiritofchange.org/Spring-2020/Breathe-Easy/
 - ⊙ reprinted in *Neighbors*, April 2019
- ⊙ *A Walk in the Woulds* – pages 44-46, Fall 2018, Vol 32, No.139
 - ⊙ web reprint at: <http://www.spiritofchange.org/Fall-2018/A-Walk-In-The-Woulds/>
 - ⊙ reprinted in *Neighbors*, November 2018
- ⊙ *Distracted Eating* – pages 26-28, Fall 2017, Vol 31, No.137
 - ⊙ web reprint at: <http://www.spiritofchange.org/Fall-2017/Distracted-Eating/>
- ⊙ *Hungry in New England* – pages 26-27, Spring 2017, Vol 30, No.136
 - ⊙ web reprint at: <http://www.spiritofchange.org/Spring-2017/Hungry-In-New-England/>
- ⊙ *First Aid for Cannabis Smokers*: 10 ways to reduce the health risks of smoking marijuana – pages 22-27, Spring 2016, Vol 29, No.134
 - ⊙ web reprint at: www.spiritofchange.org/Spring-2016/First-Aid-for-Cannabis-Smokers
- ⊙ *Walking in the March of Time* – pages 32-34, Spring 2015, Vol 28, No.131
 - ⊙ web reprint at: <http://www.spiritofchange.org/Issue-Archive/>

Grow: The Hemp and Cannabis Horticulture Magazine

- ⊙ *Why to Grow Your Own: What's Hiding in Your Weed?*
 - ⊙ early Winter 2023, Volume 7, Issue 5

MAGAZINE ARTICLES, continued

Weed World – British cannabis magazine – read these articles on my website

- ⊙ *How to Preserve the Potency of Pot*
 - ⊙ pages 34-37 of late Winter 2023, Issue 162
- ⊙ *Eat, Drink, & Be Healthy: Eat & Drink to Reduce the Health Risks of Smoking Cannabis*,
 - ⊙ pages 34-37 of early Winter 2023, Issue 161
- ⊙ *Waterpipes: The Big Bong Theory*
 - ⊙ pages 34-36 of late Fall 2022, Issue 160
- ⊙ *Playing with Fire: Safer Ways to Tune Up Your Cannabis Ignition System*
 - ⊙ pages 26-28 of early Fall 2022, Issue 159

Healing Our World: entire issue downloads at: <http://hippocratesinst.org/magazine-eneews>

- ⊙ *Meat: The Anti-Longevity Diet* – 3 pages, Winter 2015-16, Vol 36, Issue 1
- ⊙ *Growing Older Slower by Rolling in the Clover: Phytonutrients as Keys to Longevity* – 4 pages, Fall 2015, Vol 35, Issue 4, with photo-collage by the author
- ⊙ *Birth Control or Birth Out-of-Control* – 4 pages, Fall 2014, Vol 34, Issue 4
- ⊙ *The Raw Truth* – 1 page, Fall 2013, Vol 33, Issue 4
- ⊙ *Sunlight and Sustenance* – 3 pages, Spring 2013, Vol 33, Issue 2, with photo by author
- ⊙ *Survival of the Fittest Fossils* – 2 pages, Fall 2012, Vol 32, Issue 4, with photo by author
- ⊙ *Fish: the Other Fright Meat* – 3 pages, Summer 2012, Volume 32, Issue 3
- ⊙ *My Wildest Dreams* – 8 pages, Winter 2012, Vol 32, Issue 1, with 8 photos by the author
- ⊙ *Walking toward Fitness: For Folks of All Ages and from All Walks of Life* – 2 pages, Fall 2011, Volume 31, Issue 3
- ⊙ *How to Grow Microgreens* – 4 pages, Fall 2010, Volume 30, Issue 4, also my 3 photos

New Mobility – the best of (way too) many crip magazines

- ⊙ *Artists & Writers Wanted – Arts Camp for Crips* – February 2018, with photo by author
 - ⊙ edited web reprint at: www.newmobility.com/2018/02/disabled-artists-writers-wanted
- ⊙ *Medical Marijuana 2.0 – Stirring the Pot* (cover story!) – in July 2016, 2 photos by author
 - ⊙ much edited web reprint at: www.newmobility.com/2016/07/medical-marijuana-refined
- ⊙ *A Moving Experience* – in January 2014, with 3 photos by the author
 - ⊙ web reprint at: <http://www.newmobility.com/2014/01/moving-experience/>
- ⊙ *Life Inside a Vacuum (Cleaner)* – in December 2012, with photo by the author
 - ⊙ web reprint at: <http://www.newmobility.com/2012/12/life-inside-a-vacuum-cleaner/>
- ⊙ *My Year of the Deer* – chronicle of a family of deer, in Oct 2011, 4 photos by the author
- ⊙ *Sex & the Single Male Cripple* – in Valentine’s issue, February 2009
- ⊙ *The Love Buggy* – satire about a sex toy in Valentine’s issue February 2008
- ⊙ *Can Bee Venom Cure? and other Moral Tales of Nutritional Remedies* – in Nov 2007

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MAGAZINE ARTICLES, continued

Neighbors: The Inhabitants and Environment of Connecticut and Beyond, entire issue downloads at: <https://neighbors.pageflip.site/publications/NeighborsPaper> & click: *Archives*

- ⊙ *Waterpipes: The Big Bong Theory* – January-February 2023
- ⊙ *Playing with Fire: Safer Ways to Fire Up Your Cannabis* – November 2022
- ⊙ *Confessions of a Vegan Food Snob* – July 2022, photo by the author
- ⊙ *It's High Time to Grow Your Own Cannabis* – December 2021
- ⊙ *Medical Marijuana in Connecticut Has Problems* – March 2021
- ⊙ *An Avian Paradise in an Eastern Connecticut Backyard* (book review) – November 2020
- ⊙ *Where Sexpots Hit the Jackpots* – September 2018, photo by the author
- ⊙ *The Grisly Death of Baby Girl from Griswold* – Part ONE, July 2018; Part TWO – August 2018
- ⊙ *Beauty and the Beasts* – Part ONE, May 2018; Part TWO, June 2018, photos by the author
- ⊙ *Woman Who Runs with Werewolves* – Part ONE, March 2018, Part TWO, April, photo by author
- ⊙ *Wild & Antic Willimantic: Riddle of the Syringe* – Part ONE, Sept 2017; Part TWO, Oct 2017

Vegetarian Voice: Perspectives on Healthy & Compassionate Living

- ⊙ *Tribute to Rynn Berry, Jr. (1945-2014)* – 2 pages, Spring 2014
- ⊙ *Microgreens: How to Grow Tender and Flavorful Leafy Vegetables at Home* – cover story & 4 pages, Winter 2011, includes cover and all photos by the author
- ⊙ *Sprouts* feature article – 4 pages, Spring 1990, includes photos by the author
- ⊙ *What is the Vegetarian Movement?* – 1 page, Summer 1987
- ⊙ *Milk: Utter Truth & Utter Nonsense* – 2 pages, Summer 1985

Treating Yourself: The Alternative Medicine Journal. An international medicinal marijuana magazine with many scholarly and scientific articles. Alas, *TY* folded in 2013.

Full issues can still be downloaded at: <https://treatingyourself.com/back-issues/>

- ⊙ *Connecticut Has Legalized Marijuana as Medicine* – 3 pages, Issue 36, Fall 2012
- ⊙ *Cannabis Therapeutics: A Report on the 2010 Conference* – 4 pages, Issue 23, Summer 2010, includes also many photos and captions by the author
- ⊙ *A Walk on the Wild Side: Paraplegia & Marijuana* – 4 pages, Issue 16, Spring 2009
- ⊙ *Getting High and Staying Healthy* – 8 pages, issue 13, Fall 2008

Animal Issues: The Magazine of the Animal Protection Institute (now merged with Born Free)

- ⊙ *Roadkill: Driving Animals to their Graves* – cover story, Fall 1998, with photos by author
 - ⊙ web reprint: <http://www.culturechange.org/issue8/roadkill.htm>

Natural Health (formerly called **East West**)

- ⊙ *Symphony of Sprouts* in March 1984, includes photos by author
- ⊙ Book review: *Breatharianism* in March 1985
- ⊙ *How Our Food Choices Affect Wild Animals* – feature article in Feb 1990

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MAGAZINE ARTICLES, continued

Vegetarian Times

- ⊙ *Letter from Dachau* in Sept-Oct 1979
- ⊙ *The Future of Vegetarianism* in Jan-Feb 1980
- ⊙ *On Being Radically Vegetarian* in March 1980
- ⊙ *Vegetarianism in Art* cover story in Sept 1980; reprinted on *Google Books*
- ⊙ Book reviews: *Total Vegetarianism* and *Ahimsa* in March 1982
- ⊙ Book review: *Judaism and Vegetarianism* in June 1983; reprinted on *Google Books*
- ⊙ *Discover the Sprouting Life* feature article in Aug 1983, includes photos by author

Animals' Agenda: International Magazine of Animal Rights & Ecology

- ⊙ Book review: "The Criminal Prosecution of Animals" in Dec 1988
- ⊙ Poetry book review: "On Speaking Terms with Earth" in Jan 1989
- ⊙ Poetry book review: "Recipes for Flesh" in Jan 1990
- ⊙ Book review: "Famous Vegetarians" in April 1991

Backpacker: The Magazine of Wilderness Experience

- ⊙ "Walking on Water" feature article about fasting while hiking, in May 1988

The Trumpeter: Journal of Eco-Philosophy

- ⊙ Poem: "White Mountain, White Light" in Summer 1990
 - ⊙ web reprint: <http://trumpeter.athabascau.ca/index.php/trumpet/article/view/481/805>
- ⊙ "The Beast in the Belly" in Fall 1990
 - ⊙ reprinted in **Berkeley Ecology Center News** March 1991
 - ⊙ web reprint: <http://trumpeter.athabascau.ca/index.php/trumpet/article/view/470/783>

Between the Species: A Journal for the Study of Philosophy and Animals

- ⊙ "On Becoming Vegetarian" in Fall 1985
 - ⊙ reprinted in **Vegetarian Voice** & elsewhere
 - ⊙ web reprint: <http://digitalcommons.calpoly.edu/bts/vol1/iss4/11>
& <https://doi.org/10.15368/bts.1985v1n4.9>

Auto-Free Times: Revolutionary Ecology & Economics

- ⊙ "Driving Animals to their Graves" (Roadkill) in Spring 1996 – includes photos by author
 - ⊙ reprinted in **Satya** in June 1996 & in **Whole Life Times** in April 1998
 - ⊙ web reprint: <http://www.culturechange.org/issue8/roadkill.htm>

Country Connections: Plain Talk for Interesting Times

- ⊙ "Slowing to Fast: On Fasting" in Aug 1995
- ⊙ "Why and How to Wean from Cow" in Sept 1995
- ⊙ "Confessions of a Hunt Saboteur: A Real Sab Story" in Nov 1995
 - ⊙ web reprint: <https://abolishsporthunting.org/journals/confessions-of-a-hunt-saboteur-a-real-sab-story/>

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MAGAZINE ARTICLES continued

Health Science: Living in Harmony with Nature

- ⊙ "How to Select Fruit" & "Banana" in March 1986
- ⊙ "Avocado" in May 1986
- ⊙ "Magnificent Mango" in July 1986
- ⊙ "Perfect Persimmon" in Sept 1986

The Mystic Muse: Tales for the New Age

- ⊙ "Famine throughout the Land: Six Palatal Parables" in Spring 1987
- ⊙ "Being and Nothing" in Fall 1987

Lomakatsi: Life in Balance

- ⊙ "The Raw Facts" in Spring 1988
- ⊙ "Avant-Gardening (for Wildlife)" in Spring 1989, includes photo by author

SproutLetter

- ⊙ "A Sproutarian Seminarium" in Summer 1984; "Superlatively Radical" in Summer 1989;
- ⊙ "A Mung among Us" in Fall 1989; "Pioneers along the Sprout Route" in Winter 1990

21st Century Journal

- ⊙ Book reviews: "Confessions of a Medical Heretic" & "Megasyntesis" in Jan 1983
- ⊙ "Three Vege-Tales of Karmic Debt" & "Utter Truth & Udder Nonsense" in March 1984
- ⊙ Book reviews: "The End of the World" & "The Eighth Night of Creation" May 1984

Theosophy

- ⊙ "Rembrandt's Self-Portraits" in Nov 1982

Agada: Judaic Literary Journal

- ⊙ "The City of Kafka" in Winter 1983, reprinted in *Kafka Kaleidoscope* book anthology
- ⊙ <http://www.amazon.com/dp/0913559520>

Iris: Notes in the History of Art

- ⊙ "Rembrandt's Cologne Self-Portrait" in Dec 1983

Visual Resources Association Bulletin

- ⊙ "Eulogy to a Slide Library" in Fall 2012, Volume 39, Issue 3
<https://online.vraweb.org/index.php/vrab/article/view/113> & click *PDF* at upper right

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NEWSPAPER (& Magazine) EDITORIALS

The Hartford Courant – New England’s 3rd largest circulation newspaper

- ⊙ *Legal but Out of Reach: Patients, Supplies Face Hurdles*
 - ⊙ front page of June 24, 2012 Sunday *Commentary* section
 - ⊙ many dozens of web reprints
- ⊙ *A Connecticut Paraplegic Tells his Story: Marijuana Works the Best in Easing Pain*
 - ⊙ front page of January 12, 1997 Sunday *Commentary* section
 - ⊙ reprinted in NORML’s national newsletter *Pot Pourri* – April 1997
 - ⊙ web reprint at: www.rxmarijuana.com/Braunstein.htm
 - ⊙ web reprint: www.spiritofchange.org/Journal-of-Natural-Healing/Marijuana-and-Paraplegia/

Hearst Media’s Six Connecticut Newspapers:

“*Opinion: Medical marijuana in Connecticut has problems; Legalizing adult recreational use can fix them,*” online editions published February 5, 2021; print editions published February 7, 2021

1. **The Connecticut Post**, Bridgeport (CT’s 1st largest city):
www.ctpost.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php
2. **New Haven Register** (CT’s 2nd largest city):
www.nhregister.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php
1. **Stamford Advocate** (CT’s 4th largest city):
www.stamfordadvocate.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php
2. **Norwalk Hour** (CT’s 6th largest city):
www.thehour.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php
3. **News Times**, Danbury (CT’s 7th largest city):
www.newstimes.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php
4. **Greenwich Time**:
www.greenwichtime.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php

“*Opinion: It’s High Time to Grow Your Own Cannabis,*” published November 12, 2021, online in all 19 of Hearst’s Connecticut daily & weekly newspapers; print edition in 6 of these:

1. **The Connecticut Post**:
www.ctpost.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.php
2. **New Haven Register**:
www.nhregister.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.php
3. *Middletown Press*
4. *Ridgefield Press*
5. *(Torrington) Register Citizen*
6. *Trumbull Times*
7. *Stamford Advocate*
8. *(Danbury) NewsTimes*
9. *Greenwich Time*
10. *Norwalk Hour*
11. *Wilton Bulletin*
12. *New Milford Spectrum*
13. *Fairfield Citizen*
14. *Darien Times*
15. *New Canaan Advertiser*
16. *Westport News*
17. *Shelton Herald*
18. *Trumbull Times*
19. *Milford Mirror*

NEWSPAPER EDITORIALS, continued

Connecticut Magazine –glossy, glitzy, ritzy monthly magazine

Growing Pains: I'm a longtime medical marijuana user, and now I'm a home-grower, published January 2022, article online at:

⊙ www.ctinsider.com/connecticutmagazine/health/article/I-m-a-longtime-medical-marijuana-user-and-now-17046610.php

The Day of New London – daily newspaper for Southeast Connecticut

⊙ *Lives Won't Go Up in Smoke if Marijuana Used Medicinally* – editorial in May 31, 2007

⊙ www.theday.com/article/20070531/DAYARC/305319895

⊙ web reprint: www.mapinc.org/drugnews/v07/n672/a11.html

CT Mirror – daily independent online newspaper

⊙ February 22, 2021, updated and expanded version of my *Hearst Media* editorial, “*Medical marijuana in Connecticut has problems*”

⊙ <https://ctmirror.org/category/ct-viewpoints/medical-marijuana-in-connecticut-has-problems-legalizing-adult-recreational-use-can-fix-them/>

⊙ November 15, 2021, expanded version of my *Hearst Media* editorial, “It’s High Time to Grow Your Own Cannabis,” includes 3 of my photos

⊙ <https://ctmirror.org/category/ct-viewpoints/its-high-time-to-grow-your-own-cannabis/>

BIOGRAPHICAL LISTINGS

⊙ *Wikipedia* (for which I had no input)

https://en.wikipedia.org/wiki/Mark_Mathew_Braunstein

⊙ *ResearchGate*

www.researchgate.net/profile/Mark_Braunstein2

⊙ Marquis Who’s Who

<https://marquiswhoswho.com/marquis-whos-who-publications>

⊙ *Marquis Biographies Online*

⊙ *Who’s Who in American Art*, listed in every biannual volume from 1987 to 2018

⊙ *Who’s Who in the East*, 1993-94 ⊙ *Who’s Who in the World*, 1994-95

⊙ *Contemporary Authors*

www.cengage.com/search/showresults.do?N=197+4294904566+4294904548

⊙ Volume 113 (1985)

⊙ New Revised Series, Volume 50 (1996)

⊙ New Revised Series, Volume 105 (2002)

Includes Broccoli Sprouts
Sprout Garden
Indo-Grower's Guide to Gourmet Sprouts
Revised Edition
Mark M. Braunstein

RADICAL VEG
RADICAL VEGETARIANISM
A Dialectic of Diet and Ethic
Mark Mathew Braunstein

microgreen garden
mark mathew braunstein
INDO-GROWER'S GUIDE TO GOURMET GREENS

3 books by Mark Mathew Braunstein

Grow 55 species of microgreens, free instructions at:

www.MarkBraunstein.Org www.MicroGreenGarden.com

Health Tips for Cannabis Smokers

MINDFUL MARIJUANA SMOKING
Health Tips for Cannabis Smokers
MARK MATHEW BRAUNSTEIN
Foreword by Patricia C. Frye, MD

How to smoke in ways that reduce its risks

Book & eBook from all booksellers
(Audible audiobook from Amazon)
Rowman & Littlefield Publishers, 2022

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