

## Mark Mathew Braunstein

### Print-Published Writings

[www.MarkBraunstein.Org](http://www.MarkBraunstein.Org)

Updated September 2025

### FELLOWSHIPS & GRANTS for Writing

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

### BOOKS

#### **2022 – MINDFUL MARIJUANA SMOKING: Health Tips for Cannabis Smokers**

- ⊙ Rowman & Littlefield Publishers, an imprint of Bloomsbury Publishing
- ⊙ <https://www.bloomsbury.com/us/mindful-marijuana-smoking-9781538156674/>
- ⊙ Amazon with *Sample* & Kindle & Audible audiobook: [www.amazon.com/dp/1538156679](http://www.amazon.com/dp/1538156679)
- ⊙ Google Books with *Preview*: [www.google.com/books/edition/Mindful\\_Marijuana\\_Smoking/AdVkEAAQBAJ](http://www.google.com/books/edition/Mindful_Marijuana_Smoking/AdVkEAAQBAJ)
- ⊙ World Catalog: [www.worldcat.org/title/mindful-marijuana-smoking-health-tips-for-cannabis-smokers/oclc/1273912648](http://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 its tenets: [www.instagram.com/mindful\\_mj\\_smoking/](http://www.instagram.com/mindful_mj_smoking/)
- ⊙ my webpage for this book: [www.MarkBraunstein.Org/mindful-marijuana-smoking](http://www.MarkBraunstein.Org/mindful-marijuana-smoking)
- ⊙ published 2022, eight excerpts have appeared in 2022-2023 in the British cannabis magazine, *Weed World*, and one in 2023 in the cannabis horticulture magazine, *Grow*

#### **2013 – 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)
- ⊙ now in its 6th printing [www.bookpubco.com/content/microgreen-garden](http://www.bookpubco.com/content/microgreen-garden)
- ⊙ Google Books with *Preview*: <http://books.google.com/books?isbn=1570672946>
- ⊙ Amazon with *Sample*: <http://www.amazon.com/dp/1570672946>
- ⊙ book review: [www.spiritofchange.org/microgreen-garden-indoor-growers-guide-to-gourmet-greens](http://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](http://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 *Sample* at: [www.amazon.de/dp/3898456129](http://www.amazon.de/dp/3898456129)
  - ⊙ Amazon USA at: [www.amazon.com/MicroGreen-Küchengarten/dp/3898456129/](http://www.amazon.com/MicroGreen-Küchengarten/dp/3898456129/)

– continues on next page –

**BOOKS**, continued

**2019** – *FINAL THOUGHTS: One Mortal's Quest to Laugh at Death – A Thanatology Anthology*

- ⊙ Panacea Press, with front cover, back cover, and interior photomontages all by the author
- ⊙ Google Books: <https://books.google.com/books?id=3TO3wwEACAAJ>
- ⊙ Amazon with *Sample*: [www.amazon.com/dp/0963566369](http://www.amazon.com/dp/0963566369)
- ⊙ Library of Congress: <https://lcn.loc.gov/2018966460>
- ⊙ all the artworks and frontispieces in the book: [www.instagram.com/mark\\_mathew\\_braunstein](http://www.instagram.com/mark_mathew_braunstein)
- ⊙ author's webpage for this book: [www.markbraunstein.org/final-thoughts](http://www.markbraunstein.org/final-thoughts)

**2017 & revised 2019** – *GOOD GIRLS on BAD DRUGS: Addiction Nonfiction in a Revised Edition*

- ⊙ Panacea Press, with 40 photos as well as front cover photo by the author
- ⊙ Google Books: <https://books.google.com/books?id=DWRlwQEACAAJ>
- ⊙ Amazon with *Sample*: <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](http://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](http://www.theday.com/local-news/20190209/retired-librarians-book-details-lives-of-local-sex-workers)
- web reprint on PressReader: [www.pressreader.com/usa/the-day/20190210/281878709628284](http://www.pressreader.com/usa/the-day/20190210/281878709628284)
- ⊙ Library of Congress: <https://lcn.loc.gov/2018954099>
- ⊙ 9-minute book trailer video: <https://youtu.be/gTle2oKFfC4>
- ⊙ author's webpage for this book: [www.markbraunstein.org/sample-chapters](http://www.markbraunstein.org/sample-chapters)

**1993 & revised 1999** – *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)
- ⊙ after its 8th printing and 43,000 copies sold, out-of-print as of 2024
- ⊙ Google Books, with *Preview*: <http://books.google.com/books?id=pK21I-CC7tsC>
- ⊙ Amazon with *Sample*: <http://www.amazon.com/dp/1570670730>
- ⊙ Library of Congress: <https://lcn.loc.gov/99014286>
- ⊙ some of my photos in the book at: [www.instagram.com/mark\\_mathew\\_braunstein](http://www.instagram.com/mark_mathew_braunstein)
- ⊙ Hungarian translation: *Csírakert 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](http://www.amazon.com/dp/8476286880)
  - ⊙ Google Books: <https://books.google.com/books/about/Germinados.html/7LXfBAAQBAJ>
- ⊙ author's webpage for this book: [www.markbraunstein.org/sprout-garden](http://www.markbraunstein.org/sprout-garden)

BOOKS, continued

**1981** & revised **2010** – *RADICAL VEGETARIANISM: A Dialectic of Diet & Ethic*

- ⊙ Lantern Books, NYC, 30th anniversary revised edition, 2010, out-of-print 2021
- ⊙ Panjandrum Books, San Francisco, three printings since 1981
- ⊙ Google Books with *Preview*: <http://books.google.com/books?isbn=1590562569>
- ⊙ Amazon (formerly with *Sample*): [www.amazon.com/dp/1590561511](http://www.amazon.com/dp/1590561511)
- ⊙ Library of Congress: <https://lccn.loc.gov/2009024467>
- ⊙ all the artworks in the book: [www.instagram.com/mark\\_mathew\\_braunstein](http://www.instagram.com/mark_mathew_braunstein)
- ⊙ author's webpage for this book: [www.markbraunstein.org/radical-vegetarianism](http://www.markbraunstein.org/radical-vegetarianism)

BOOK ANTHOLOGY contributions

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

- ⊙ *My Wildest Dreams* – essay chapter contributor to *Part 5: Other Critters*
  - ⊙ Amazon with *Sample*: [www.amazon.com/dp/1479707481](http://www.amazon.com/dp/1479707481)

**2004** – *From There to Here: Stories of Adjustment to Spinal Cord Injury*

- ⊙ No Limits Communications, print book 2004, Kindle eBook reprint 2013
- ⊙ *Take the Pain* – essay chapter contributor
  - ⊙ Kindle with *Sample*: [www.amazon.com/dp/B011HNQG2Y](http://www.amazon.com/dp/B011HNQG2Y)
  - ⊙ full book free PDF: <http://lifeonwheels.org/pdfs/ThereToHere.eBook.gk.pdf>

**1999** – *Kafka Kaleidoscope: Essays, Poetry & Fiction*, edited by Martin Wasserman

- ⊙ Birch Bark Press
- ⊙ *Prague, 1974* – essay chapter contributor
- ⊙ Amazon with *Sample*: [www.amazon.com/dp/0913559520](http://www.amazon.com/dp/0913559520)
- ⊙ Library of Congress: <https://lccn.loc.gov/98072792>

**1986** – *Slide Buyers' Guide: An International Directory of Sources for Art & Architecture*

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

– continues on next page –

BOOK ANTHOLOGY contributions, continued

**1981** – *Life in the 21st Century*

© 21st Century Publications

© *Into the Ate-ies; & Fasting, Chlorophyll and Color* – 2 essay chapters contributor

© Library of Congress: <https://lccn.loc.gov/81184786>

**1980 to 1983** – *Art Index* – Volumes 28, 29 & 30 – H.W. Wilson Company – *assistant editor*

© [www.ebsco.com/products/digital-archives/retrospective-indexes/art-index-retrospective](http://www.ebsco.com/products/digital-archives/retrospective-indexes/art-index-retrospective)

© Library of Congress: <https://lccn.loc.gov/00215120>

Issue Editor for PERIODICALS

**1990** – *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.athabascau.ca/index.php/trumpet/issue/view/51>

**2004 to 2008** – *Inside Information* – semi-annual newsletter of the Connecticut College Library

© co-editor 2004 to 2008, contributor 2004-13

© full issue downloads at: <http://digitalcommons.conncoll.edu/isnews/>

MAGAZINE ARTICLES begins on next page

---

MAGAZINE ARTICLES *listed in reverse chronological order*

**2025 – Four Tulips Publishing:** “New Beginnings” theme – Award Winner

- ⊙ *A Born-Again Pedestrian*
  - ⊙ pages 4-6 of Spring 2025, Issue 1
  - ⊙ [www.fourtulips.com/new-beginnings](http://www.fourtulips.com/new-beginnings) – link at top of webpage
  - ⊙ *Spirit of Change* reprint at: [www.SpiritOfChange.org/a-born-again-pedestrian/](http://www.SpiritOfChange.org/a-born-again-pedestrian/)

**2025 – Still Point Arts Quarterly:** Nature Inspires Art, Art Inspires Spirit

- ⊙ *A Plentitude of Self-Portrait Paintings*
  - ⊙ pages 90-99 of Winter 2024-25, Issue 56
  - ⊙ [www.ShantiArts.co/SPAQ/SPAQ56/files/braunstein.pdf](http://www.ShantiArts.co/SPAQ/SPAQ56/files/braunstein.pdf)

**2025 – Compulsive Reader** – “Reviews of books” [*online only*]

- ⊙ Book review of *Age Like a Yogi* by Victoria Moran
  - ⊙ April 17, 2025
  - ⊙ <https://compulsivereader.com/2025/04/17/a-review-of-age-like-a-yogi-by-victoria-moran/>
- ⊙ Book review of *Seeing through the Smoke* by Peter Grinspoon, MD
  - ⊙ December 12, 2024
  - ⊙ <https://compulsivereader.com/2024/12/14/a-review-of-seeing-through-the-smoke-by-peter-grinspoon-md/>

**2025 – Animals 24-7** [*online only*]

- ⊙ Book review of *Madness: Lessons from My Family Farm* by Jim Mason
  - ⊙ [www.Animals24-7.org/2025/09/02/madness-the-deep-driver-of-our-climate-crisis-by-jim-mason](http://www.Animals24-7.org/2025/09/02/madness-the-deep-driver-of-our-climate-crisis-by-jim-mason)

**2025 – Main Street Vegan** [*online only*]

- ⊙ Vegism 101 – June 24, 2025 guest post
  - ⊙ <https://mainstreetvegan.com/vegism-101-a-guest-post-by-mark-mathew-braunstein/>
  - ⊙ reprinted July 22, 2025 in *All Creatures* newsletter
  - ⊙ <https://all-creatures.org/lifestyle/lifestyle-vegism-101.html>

– continues on next page –

MAGAZINE ARTICLES, continued

**2025 – CT Examiner** (Connecticut Examiner): Big Questions in Small Places [*online only*]

- ⊙ Food & Drink: *Life Bowls Café Celebrates a Tenth Year in Madison*, July 5, 2025
  - ⊙ <https://ctexaminer.com/2025/07/05/life-bowls-cafe-celebrates-a-tenth-year-in-madison>
- ⊙ Food & Drink: *Ninth Square Caribbean Style in New Haven*, April 19, 2025, photo by author
  - ⊙ <https://ctexaminer.com/2025/04/19/ninth-square-caribbean-style-in-new-haven/>
- ⊙ Food & Drink: *Heirloom in Danielson Caters to Niche Diets with Delicious Food*,
  - ⊙ March 22, 2025, photo by the author
  - ⊙ <https://ctexaminer.com/2025/03/22/heirloom-in-danielson-caters-to-niche-diets-with-delicious-food>
- ⊙ Food & Drink: *A Thai Restaurant in Middletown, with No Fish in the Fish Sauce*, March 1, 2025
  - ⊙ <https://ctexaminer.com/2025/03/01/a-thai-restaurant-in-middletown-with-no-fish-in-the-fish-sauce>
- ⊙ Food & Drink: *A Place Dedicated to Vegans and the Gluten Free in Westbrook*
  - ⊙ January 17, 2025, photo by the author
  - ⊙ <https://ctexaminer.com/2025/01/17/a-place-dedicated-to-vegans-and-the-gluten-free-in-westbrook/>
- ⊙ Food & Drink: *A Vegetarian Staple Since 1975 in New Haven*, January 8, 2025, photo by author
  - ⊙ <https://ctexaminer.com/2025/01/08/a-vegetarian-staple-since-1975-in-new-haven/>
- ⊙ Opinion: *Oppenheimer Hits Close to Home*, August 19, 2023, photo by the author
  - ⊙ <https://ctexaminer.com/2023/08/19/oppenheimer-hits-close-to-home/>
  - ⊙ reprinted in *Neighbors* September 2023
- ⊙ On Nature: *Tulip Tree Mania*, March 26, 2023, photo by the author
  - ⊙ <https://ctexaminer.com/2023/03/25/tulip-tree-mania/>
  - ⊙ reprinted in *Neighbors* as *To Kill a Tree: An Unnatural History*, June 2023

**2023 – Weed World** – British cannabis magazine – PDFs of all these articles are on my website

- ⊙ *Pass That Joint? Let's Get Rolling*
  - ⊙ pages 108-111 of Fall 2023, Issue 166
- ⊙ *Keep Your Drugs Off Drugs: Beware Pesticide-Laced Cannabis*
  - ⊙ pages 108-111 of Summer 2023, Issue 165
- ⊙ *Pipes are More than Pipedreams: How to Maximize the Benefits & Reduce the Risks of Pipes*
  - ⊙ pages 108-111 of late Spring 2023, Issue 164
- ⊙ *Don't Hold That Hit!*
  - ⊙ pages 108-111 of early Spring 2023, Issue 163
- ⊙ *How to Preserve the Potency of Pot*
  - ⊙ pages 34-37 of late Winter 2023, Issue 162, also on its website at:
  - ⊙ [www.weedworld.co.uk/blog/post/How-to-Preserve-the-Potency-Of-Pot](http://www.weedworld.co.uk/blog/post/How-to-Preserve-the-Potency-Of-Pot)
- ⊙ *Eat, Drink, & Be Healthy: Eat & Drink to Reduce the Health Risks of Smoking Cannabis*
  - ⊙ pages 34-37 of early Winter 2023, Issue 161, also on its website at:
  - ⊙ [www.weedworld.co.uk/blog/post/Eat-and-Drink-to-Reduce-the-Health-Risks-of-Smoking-Cannabis](http://www.weedworld.co.uk/blog/post/Eat-and-Drink-to-Reduce-the-Health-Risks-of-Smoking-Cannabis)
- ⊙ *Waterpipes: The Big Bong Theory*
  - ⊙ pages 34-36 of late Fall 2022, Issue 160, also on its website at:
  - ⊙ [www.weedworld.co.uk/blog/post/Waterpipes-The-Big-Bong-Theory](http://www.weedworld.co.uk/blog/post/Waterpipes-The-Big-Bong-Theory)
- ⊙ *Playing with Fire: Safer Ways to Tune Up Your Cannabis Ignition System*
  - ⊙ pages 26-28 of early Fall 2022, Issue 159, also on its website at:
  - ⊙ [www.weedworld.co.uk/blog/post/Playing-With-Fire-Safer-Ways-to-Tune-up-your-Cannabis-Ignition-System](http://www.weedworld.co.uk/blog/post/Playing-With-Fire-Safer-Ways-to-Tune-up-your-Cannabis-Ignition-System)

MAGAZINE ARTICLES, continued

**2023 – Grow:** The Cannabis Horticulture Magazine

- ◎ *Why to Grow Your Own:* What’s Hiding in Your Weed?
  - ◎ pages 12, 104-108, Spring 2023, Volume 8, Issue 1, photos by the author
  - ◎ entire issue web reprint at: [www.growmag.com/digital-issues/](http://www.growmag.com/digital-issues/)
  - ◎ article reprint at: [www.growmag.com/grow-files/why-to-grow-your-own/](http://www.growmag.com/grow-files/why-to-grow-your-own/)

**2015 to 2025 – Spirit of Change Magazine:** Holistic New England

entire issue reprints at: [www.spiritofchange.org/Issue-Archive/](http://www.spiritofchange.org/Issue-Archive/)

- ◎ *A Born-Again Pedestrian*, June 20, 2025
  - ◎ [www.SpiritOfChange.org/a-born-again-pedestrian/](http://www.SpiritOfChange.org/a-born-again-pedestrian/)
- ◎ *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
  - ◎ web reprint at: <https://www.spiritofchange.org/confessions-of-a-vegan-food-purist/>
  - ◎ & at: [https://issuu.com/spiritofchange/docs/soc\\_spring\\_summer2022\\_web/s/14889861](https://issuu.com/spiritofchange/docs/soc_spring_summer2022_web/s/14889861)
- ◎ *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](http://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/](http://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](http://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: <https://www.spiritofchange.org/healthy-aging-stories/>

– continues on next page –

MAGAZINE ARTICLES, continued

**2010 to 2016 – Healing Our World:** entire issue at: <http://hippocratesinst.org/magazine-enews>

- ⊙ *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

**2007 to 2018 – 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](http://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](http://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* – in Nov 2007, with photo by the author

**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

– continues on next page –



MAGAZINE ARTICLES, continued

**2017 to 2025 – Neighbors Paper:** The Inhabitants & Environment of Connecticut & Beyond, entire issues: <https://neighbors.pageflip.site/publications/NeighborsPaper> → *Archives*

- ⊙ *A Quiet Café in the Quiet Corner* – March-April 2025, photo by the author
- ⊙ *Vegan Food Snob Mini-Guide to Restaurants in the Quiet Corner* – November-December 2024
- ⊙ *The Four Frolicsome Frogs of Willimantic's Frog Bridge* – June 2024, 2 photos by the author
- ⊙ *A Stand-Up Comedian Posing as a Sit-Down Scientist* (2 book reviews) – January 2024
- ⊙ *A Scholarly Book about Cannabis Not Just for Scholars* (book review) – December 2023
- ⊙ *Pass That Joint? Maybe Pass on That Joint* – November 2023, graphic by the author
- ⊙ *Keep Your Drugs Off Drugs: Beware Pesticide-Laced Cannabis* – October 2023
- ⊙ *Oppenheimer Hits Close to Home* – September 2023, 2 photos by the author
- ⊙ *Pipes Are More Than Pipe Dreams: Health Tips for Cannabis Smokers* – July-August 2023
- ⊙ *To Kill a Tree: An Unnatural History* – June 2023, photo by the author
- ⊙ *How to Preserve the Potency of Pot* – April 2023, graphic by the author
- ⊙ *Waterpipes: The Big Bong Theory* – January-February 2023, graphic by the author
- ⊙ *Playing with Fire: Safer Ways to Fire Up Your Cannabis* – November 2022, graphic by author
- ⊙ *Confessions of a Vegan Food Snob* – July 2022, photo by the author
- ⊙ *It's High Time to Grow Your Own Cannabis* – December 2021, photo by the author
- ⊙ *Medical Marijuana in Connecticut Has Problems* – March 2021, graphic by the author
- ⊙ *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

**2008 to 2012 – Treating Yourself:** The Alternative Medicine Journal. An international medicinal marijuana magazine with many scholarly and scientific articles.

Full issues were downloadable until 2025 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

**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

– continues on next page –

MAGAZINE ARTICLES, continued

**Backpacker Magazine:** The Magazine of Wilderness Experience

- ⊙ "Walking on Water" about fasting while hiking, in May 1988, Vol 16, No.3

**Animal Issues:** The Magazine of the Animal Protection Institute

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

**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

**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>

– continues on next page –

MAGAZINE ARTICLES, continued

**Visual Resources Association Bulletin**

- ⊙ "Eulogy to a Slide Library" in Vol.39, No.3, 2012
- ⊙ <https://online.vraweb.org/index.php/vrab/article/view/113> & on upper right, click PDF

**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/>

**Health Science:** Living in Harmony with Nature

Full issue downloads at: [www.healthscience.org/health-science/](http://www.healthscience.org/health-science/)

- ⊙ "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

## NEWSPAPER (& Magazine) EDITORIALS

**The Hartford Courant** – New England’s 3<sup>rd</sup> 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](http://www.rxmarijuana.com/Braunstein.htm)
  - ⊙ web reprint: [www.spiritofchange.org/Journal-of-Natural-Healing/Marijuana-and-Paraplegia/](http://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](http://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](http://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](http://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](http://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](http://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](http://www.greenwichtime.com/opinion/article/Opinion-Medical-marijuana-in-Connecticut-has-15927434.php)

Hearst Media’s 19 Connecticut Newspapers:

“*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](http://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](http://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*

– continues on next page –

NEWSPAPER (& Magazine) 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](http://www.ctinsider.com/connecticutmagazine/health/article/I-m-a-longtime-medical-marijuana-user-and-now-17046610.php)

⊙ also at: [www.ctpost.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.php](http://www.ctpost.com/opinion/article/Opinion-It-s-high-time-to-grow-your-own-16612838.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](http://www.theday.com/article/20070531/DAYARC/305319895)

⊙ web reprint: [www.mapinc.org/drugnews/v07/n672/a11.html](http://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 provided input only by updating the Articles listing)  
[https://en.wikipedia.org/wiki/Mark\\_Mathew\\_Braunstein](https://en.wikipedia.org/wiki/Mark_Mathew_Braunstein)

⊙ *ResearchGate*

[www.researchgate.net/profile/Mark\\_Braunstein2](http://www.researchgate.net/profile/Mark_Braunstein2)

⊙ *Google Scholar*

<https://scholar.google.com/citations?user=6HgoSNIAAAAJ>

⊙ *Marquis Who's Who*

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

⊙ *Marquis Biographies Online*

⊙ *Who's Who in American Art*, every volume from 1987 until it ceased publication in 2016

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

⊙ *Contemporary Authors* [www.gale.com/ebooks/9780810393417](http://www.gale.com/ebooks/9780810393417)

⊙ Volume 113 (1985)

⊙ New Revision Series, Volume 50 (1996)

⊙ New Revision Series, Volume 105 (2002)



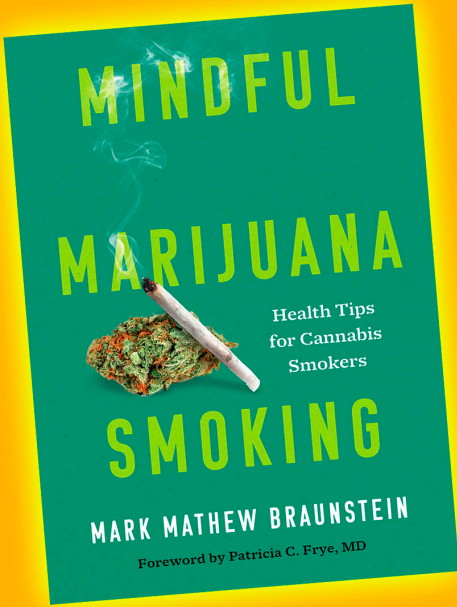
3 books by Mark Mathew Braunstein

[www.MarkBraunstein.Org](http://www.MarkBraunstein.Org)

Grow 55 species of microgreens, free instructions at:

[www.MicroGreenGarden.com](http://www.MicroGreenGarden.com)

## Health Tips for Cannabis Smokers



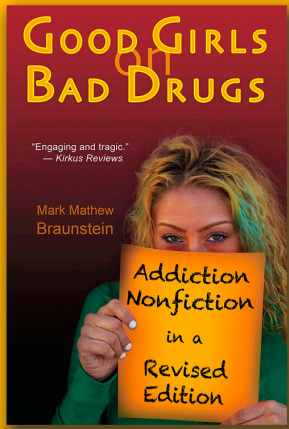
**MINDFUL MARIJUANA SMOKING**  
Health Tips for Cannabis Smokers  
MARK MATHEW BRAUNSTEIN  
Foreword by Patricia C. Frye, MD

How to smoke in ways that reduce its risks

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

[www.MarkBraunstein.Org](http://www.MarkBraunstein.Org)

## Two books about sex, drugs, and death by Mark Mathew Braunstein

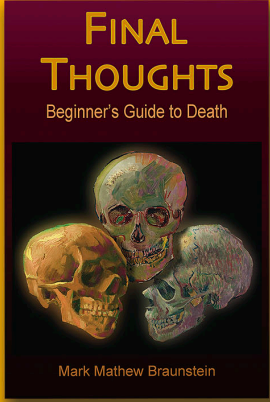


**GOOD GIRLS ON BAD DRUGS**  
"Engaging and tragic."  
— Kirkus Reviews  
Mark Mathew Braunstein  
Addiction Nonfiction in a Revised Edition

*Good Girls on Bad Drugs* portrays the shattered lives of crack, coke, heroin, and opioid addicts who in their hustle for drugs became internet escorts and streetwalkers. In jailhouse journals and interviews, they confess with candor & courage to their sex work & drug crimes.

"An intriguing account of the lives of troubled sex workers....Engaging and tragic." — *Kirkus Reviews*

Panacea Press, Revised Edition 2019  
250 pages / 6x9" / 40 portrait photos.  
\$18 / eBook \$4



**FINAL THOUGHTS**  
Beginner's Guide to Death  
Mark Mathew Braunstein

*Final Thoughts* presents one mortal's quest to laugh in the face of death, knowing that if life is a joke, then death is its laughter. In a lively collection of humor, fables, essays, and aphorisms, this slim book of slim logic will make you die laughing.

Both books are sold by all online booksellers

[www.MarkBraunstein.Org](http://www.MarkBraunstein.Org)