

Mark Mathew BRAUNSTEIN

Print-Published WRITINGS

www.MarkBraunstein.Org

Updated 2024

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

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

- © Rowman & Littlefield Publishers, an academic press well known within academia
- © <https://rowman.com/ISBN/9781538156681/Mindful-Marijuana-Smoking-Health-Tips-for-Cannabis-Smokers>
- © Amazon with *Sample* & 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 its tenets: www.instagram.com/mindful_mj_smoking/
- © my webpage for this book: 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
- © 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
- © 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 *Sample* at: www.amazon.de/dp/3898456129
 - © Amazon USA at: www.amazon.com/MicroGreen-Kuechengarten/dp/3898456129/

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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
- ⊙ Library of Congress: <https://lcn.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

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=DWRIwQEACAAJ>
- ⊙ 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
- ⊙ local newspaper article:
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
- ⊙ 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

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, 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
- ⊙ 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
 - ⊙ Google Books: <https://books.google.com/books/about/Germinados.html?id=7LXfBAAAQBAJ>
- ⊙ author's webpage for this book: www.markbraunstein.org/sprout-garden

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BOOKS, continued

1981 & revised **2010** – *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 *Sample*): 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
- ⊙ author's webpage for this book: 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

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

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
- ⊙ 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>

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

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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.athabasca.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 downloads at: <http://digitalcommons.conncoll.edu/isnews/>

MAGAZINE ARTICLES *listed in reverse chronological order*

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

⊙ Opinion: *Oppenheimer Hits Close to Home*

⊙ online newsweekly, 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*

⊙ online newsweekly, 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

Weed World – British cannabis magazine – read these articles 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

⊙ *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

⊙ *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

⊙ *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

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MAGAZINE ARTICLES, continued

Grow: The Hemp and 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/
 - ⊙ article reprint at: www.growmag.com/grow-files/why-to-grow-your-own/

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
 - ⊙ 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
- ⊙ *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
 - ⊙ entire issue web reprint at: www.spiritofchange.org/Issue-Archive/

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MAGAZINE ARTICLES, continued

Healing Our World: entire issue downloads 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

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* – 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

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MAGAZINE ARTICLES, continued

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

Treating Yourself: The Alternative Medicine Journal. An international medicinal marijuana magazine with many scholarly and scientific articles.

Full issues can 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

- ⊙ *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

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/>

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

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

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
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 (& 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

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

⊙ Volume 113 (1985)

⊙ New Revised Series, Volume 50 (1996)

⊙ New Revised Series, Volume 105 (2002)

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Panacea Press, Revised Edition 2019
250 pages / 6x9" / 40 portrait photos.
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Beginner's Guide to Death

Panacea Press, 2019
100 pages / 6x9"
\$8 / eBook \$3

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
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