

Dr. Rick Bein Explores the Universal Language of Food, Culture, and Respect in Eat or Be Eaten

A Global Journey of Discovery and Connection

EAT OR BE EATEN



Dr. RICK BEIN

New Delhi, Delhi Jan 6, 2026 ([Issuewire.com](https://www.issuewire.com)) - **Books To Life Marketing** proudly presents ***Eat or Be Eaten*** by **Dr. Rick Bein**, an engaging and eye-opening memoir that takes readers across continents to explore the profound ways food connects humanity. Through heartfelt storytelling, cultural insight, and humor, Dr. Bein invites readers to discover how the simple act of eating reflects the values, traditions, and survival strategies of people around the world.

Quote from the Author

“When you respect them, they respect you. We are all one on this planet.”
— *Dr. Rick Bein, Author of Eat or Be Eaten*

About the Book

In *Eat or Be Eaten*, Dr. Rick Bein paints a vivid picture of how food intertwines with geography, culture, and identity. From a farm in Colorado to faraway lands like Brazil, Sudan, Papua New Guinea, and Mozambique, Bein explores the diversity of global farming practices and culinary traditions — and the deeper lessons they teach about respect, resilience, and community.

Each chapter offers a glimpse into the people, places, and experiences that shaped Bein’s worldview. Some stories will make readers laugh, others may bring tears, and many will spark reflection on how interconnected the world truly is.

Drawing from his Peace Corps experience, Dr. Bein reveals how every environment and culture holds wisdom about sustainability, resourcefulness, and the sacred balance between humans and nature. *Eat or Be Eaten* is not just a travel memoir — it’s a call to appreciate the global table that sustains us all.

About the Author

Dr. Rick Bein is a Professor of Geography in the School of Liberal Arts at IUPUI and an Adjunct Professor of Geography at Moi University in Kenya. He holds a B.A. from the University of Colorado (1969) and a Ph.D. from the University of Florida (1974). Since joining IUPUI’s faculty in 1978, Dr. Bein has dedicated his career to exploring tropical agriculture, global environments, and the intricate relationship between people and the land.

Over his decades-long career, he has lived, taught, and researched in Brazil, Sudan, Kenya, Mozambique, and Papua New Guinea. Dr. Bein’s contributions have earned him multiple honors, including:

- The **IUPUI Chancellor’s Faculty Award for Excellence in Civic Engagement (2009)**
- The **Legion of Honor Award for Lifelong Service to K–12 Geographic Education in Indiana (2008)**
- The **Distinguished Faculty Award for Teaching, Research, and Service (1982)**

He is a founding board member of the **Geography Educators Network of Indiana**, and actively serves with the **Marion County Soil & Water Conservation District** and **Indiana Partners of the**

Americas. Upon his retirement from teaching, he was recognized as Professor Emeritus at Indiana University, Indianapolis Geography Department.

Through his work and writing, Dr. Bein continues to inspire others to see the beauty and unity in the diversity of our planet.

Media Feature

Dr. Rick Bein was featured on **The Chris Voss Show**, where he discussed his inspiration behind *Eat or Be Eaten*, shared stories from his global adventures, and explored how fostering mutual respect for nature and culture can create a more connected and compassionate world.

Watch the full interview here: <https://www.youtube.com/watch?v=H0EZIWnFkik>

Book Details

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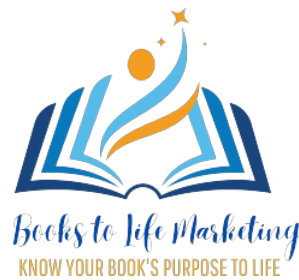
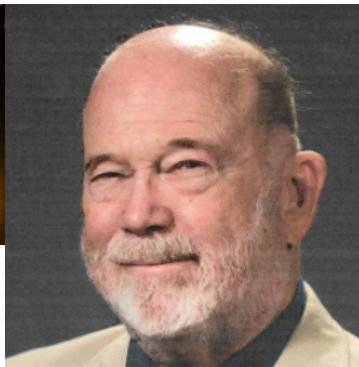
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