

attila hildmann

Attila Hildmann is a well-known figure in Germany, recognized primarily for his work as a vegan chef, author, and social media influencer. Over the years, he has gained significant popularity through his plant-based cookbooks and his active online presence, where he advocates for veganism and healthy living. However, his journey has also been marked by controversy, especially in recent times, which has brought him into the public eye for reasons beyond his culinary expertise. This article delves into the life, career, controversies, and current status of Attila Hildmann, providing a comprehensive overview for those interested in his multifaceted persona.

Early Life and Background

Origins and Personal Background

Attila Hildmann was born in Turkey in 1981 and later moved to Germany with his family. Growing up in a multicultural environment, he developed an early interest in food and nutrition. His background is a blend of Turkish and German influences, which he often mentions as inspiration for his culinary style. Hildmann is known to have studied culinary arts, which laid the foundation for his subsequent career as a professional chef.

Transition to Veganism

Hildmann's journey into veganism began in the early 2010s when he decided to adopt a plant-based diet for health and ethical reasons. This lifestyle change significantly impacted his culinary approach, leading him to develop innovative vegan recipes that quickly gained popularity. His transition also marked the beginning of his advocacy for veganism, which he promotes passionately through his books and social media channels.

Career Highlights

Author and Cookbook Creator

Attila Hildmann is perhaps best known for his prolific output of vegan cookbooks. His titles, such as *Vegan for Fit*, *Vegan for Youth*, and *Vegan for Beginners*, have sold thousands of copies across Germany and beyond. His cookbooks are praised for their accessible recipes, nutritional advice, and focus on health benefits. Hildmann's clear instructions and appealing photography have made his books popular among both novice and seasoned vegan cooks.

Media Presence and Public Influence

Beyond his books, Hildmann has built a substantial following on social media platforms like Instagram, Facebook, and YouTube. His online presence includes recipe videos, live cooking demonstrations, and motivational content promoting vegan lifestyles. His charismatic personality and dedication to promoting plant-based diets have helped him become a prominent figure in Germany's vegan community.

Entrepreneurial Endeavors

Hildmann has also launched various ventures, including vegan meal kits, cooking classes, and a chain of vegan restaurants. These businesses aim to make plant-based eating more accessible and convenient for the general public. His entrepreneurial spirit reflects his commitment to spreading veganism beyond the kitchen into the commercial sphere.

Controversies and Public Criticism

Shift in Public Perception

While Hildmann initially enjoyed widespread admiration for his culinary talents and advocacy, his public image faced challenges over recent years. His outspoken opinions on various political and social issues, particularly related to the COVID-19 pandemic and government policies, have sparked controversy. Some critics argue that his statements have been polarizing and have overshadowed his achievements as a chef and author.

Allegations and Legal Issues

In 2021 and 2022, Hildmann became a controversial figure due to his vocal support of conspiracy theories and anti-establishment rhetoric. He faced legal scrutiny and was accused of spreading misinformation. Authorities in Germany issued warnings against him, and he was temporarily banned from certain social media platforms for violating community guidelines regarding hate speech and misinformation.

Impact on His Career

These controversies have led to a decline in his mainstream popularity. Some former followers distanced themselves from him, while others viewed his outspoken stance as a sign of his personal conviction. The shift in public perception has transformed Hildmann from a celebrated vegan chef into a polarizing figure with complex public opinions.

Current Status and Future Outlook

Personal Life and Activities

Currently, Attila Hildmann remains active on certain social media channels, where he continues to share his views, personal updates, and occasional cooking content. His online presence is characterized by a more controversial tone, reflecting his stance on current political and social issues.

Legal and Social Challenges

Hildmann's legal issues continue to unfold, and his social media accounts remain under scrutiny. Despite these challenges, he maintains a core group of supporters and followers who appreciate his outspoken nature and his previous work promoting veganism.

Potential for Reconciliation and Return

It remains uncertain whether Hildmann will attempt to rehabilitate his public image or continue on his current path. Some observers believe that he may pivot back to focusing on his culinary expertise and activism within the vegan community, while others view his controversial statements as a permanent aspect of his persona.

Legacy and Influence

Impact on Vegan Cuisine in Germany

Attila Hildmann played a significant role in popularizing vegan cuisine in Germany. His cookbooks and media presence helped normalize plant-based diets and inspired many to adopt vegan lifestyles. His emphasis on health-conscious, flavorful dishes contributed to the mainstream acceptance of veganism in German society.

Controversial Figure or Advocate?

His legacy is complex; while he is credited with advancing vegan cuisine and making it more accessible, his recent actions and statements have cast a shadow over his reputation. This dichotomy raises questions about the role of personal beliefs and public responsibility for influential figures.

Conclusion

Attila Hildmann is undoubtedly a prominent and influential figure in the realm of vegan cooking and lifestyle advocacy in Germany. His journey from a passionate chef and author to a controversial personality highlights the multifaceted nature of public figures navigating personal beliefs and societal issues. Whether viewed as a pioneer who helped bring vegan cuisine into the mainstream or as a polarizing figure due to his recent statements, Hildmann's impact on the culinary world and public discourse remains significant. As he continues to evolve and confront ongoing challenges, his story serves as a compelling example of how personal conviction, media influence, and societal reactions intertwine in shaping a modern public persona.

Frequently Asked Questions

Who is Attila Hildmann and what is he known for?

Attila Hildmann is a German vegan chef, author, and former vegan activist known for his plant-based cookbooks and public presence promoting veganism.

What controversies has Attila Hildmann been involved in recently?

In recent years, Attila Hildmann has been associated with conspiracy theories and anti-vaccine statements, which have led to widespread criticism and social media bans.

Has Attila Hildmann faced legal issues?

Yes, Attila Hildmann has faced legal scrutiny related to his public statements and activities, including investigations into his involvement in spreading misinformation and inciting hatred.

What is Attila Hildmann's stance on COVID-19 vaccines?

Attila Hildmann has publicly expressed skepticism towards COVID-19 vaccines, aligning with conspiracy theories that question their safety and efficacy.

How has Attila Hildmann's public image changed over time?

Initially celebrated as a vegan chef and author, Hildmann's image has become more controversial due to his political views and association with conspiracy theories, leading to a significant decline in his public support.

Are there any recent developments involving Attila Hildmann?

Recent developments include his disappearance from public life, reports of him being sought by authorities, and ongoing investigations related to his activities and statements.

Additional Resources

Attila Hildmann: The Rise and Controversy of a Vegan Celebrity and Conspiracy Theorist

Introduction

Attila Hildmann, a name that resonates within the realms of vegan cuisine, social media influence, and political controversy, has become a multifaceted figure in contemporary Germany. Once celebrated as a pioneering vegan chef and bestselling author, Hildmann's journey has taken a dramatic turn over recent years, marked by outspoken views, conspiracy theories, and societal debates. His story encapsulates the complex intersection of lifestyle activism, political ideology, and the digital age's power to amplify controversial narratives.

In this article, we delve into the life, career, and evolving public persona of Attila Hildmann, examining his rise to fame, his ideological shifts, and the broader implications of his actions in the context of modern social and political discourse.

Early Life and Culinary Beginnings

Attila Hildmann was born in 1981 in Berlin, Germany, to a German mother and a Turkish father. His multicultural background and upbringing in a vibrant urban environment influenced his worldview and culinary interests. Hildmann initially pursued a career in theater and music, but his passion for cooking eventually took center stage.

He gained prominence in Germany as a vegan chef, authoring several bestselling cookbooks that emphasized plant-based diets and healthy living. His approachable recipes, combined with a charismatic personality, quickly made him a household name among health-conscious consumers. Hildmann's culinary philosophy was rooted in promoting veganism as a lifestyle choice that benefits personal health, animal welfare, and environmental sustainability.

The Rise of Attila Hildmann as a Vegan Influencer

Hildmann's entry into the public eye was facilitated by media appearances, social media platforms, and his published works. His cookbooks, such as "Vegan for Fit" and "Vegan for Fit 2," sold thousands of copies and

contributed to the broader vegan movement in Germany and beyond.

Key factors in his rise include:

- Engaging Communication Style: Hildmann's energetic and passionate presentation made vegan cooking accessible and appealing.
- Media Presence: Regular appearances on television and participation in public events helped solidify his reputation.
- Social Media Savvy: Platforms like Facebook, Instagram, and Twitter allowed him to connect directly with followers, share recipes, and promote veganism as a lifestyle.

During this period, Hildmann was seen as a charismatic advocate for healthy living and animal rights, inspiring many to adopt plant-based diets. His influence extended beyond culinary circles, touching on environmental advocacy and ethical debates surrounding food production.

Transition to Political Activism and Controversy

However, around 2020, Hildmann's public persona began to shift markedly. His social media activity became increasingly political, and his messaging took on a more controversial tone.

Key developments include:

- Adoption of Conspiracy Theories: Hildmann began endorsing various conspiracy theories related to COVID-19, government policies, and global elites. His claims ranged from questioning the safety of vaccines to alleging secret plots to control populations.
- Anti-Government Rhetoric: He openly criticized government measures related to the pandemic, such as lockdowns and mask mandates, framing them as infringements on personal freedoms.
- Antisemitic and Extremist Content: Over time, some of his posts contained language and imagery that many observers and organizations labeled as antisemitic or extremist. These included conspiracy theories about Jewish influence and globalist agendas, which drew widespread condemnation.
- Legal and Social Repercussions: Hildmann faced legal actions and social media bans due to violating platform policies on hate speech and misinformation.

The shift from a health and animal rights advocate to a figure associated with conspiracy theories and extremist rhetoric has sparked intense debate. Supporters argue that Hildmann is exercising free speech, while critics contend that his views promote misinformation, hatred, and social division.

Implications and Public Response

Hildmann's transformation has had significant repercussions in multiple spheres:

The Vegan and Activist Communities

Many within the vegan movement have distanced themselves from Hildmann, emphasizing that his recent statements do not represent the broader ethical principles of veganism. Some activists have called for accountability and have criticized his endorsement of harmful conspiracy theories.

Political and Media Landscape

Hildmann's case exemplifies how social media can be a double-edged sword—serving as a platform for activism but also enabling the spread of misinformation. Media outlets have scrutinized his statements, and some have linked his rhetoric to the rise of far-right and extremist movements in Germany.

Legal and Safety Concerns

Authorities have expressed concern about the potential for Hildmann's rhetoric to incite violence or promote hate crimes. Several investigations have been launched into his online activity, and he has been subject to legal proceedings related to hate speech and incitement.

Societal Reflection

Hildmann's trajectory raises broader questions about the responsibilities of influencers, the limits of free speech, and the societal impact of conspiracy theories. His story underscores the importance of media literacy and the need for critical engagement with online content.

Current Status and Future Outlook

As of October 2023, Attila Hildmann remains a controversial figure. His online presence is largely characterized by a mixture of conspiracy theory promotion, defiant rhetoric, and legal challenges. Some reports indicate that he has gone into hiding or is avoiding public appearances, amid ongoing investigations.

The future of Hildmann's influence is uncertain. While some followers continue to support him, mainstream society and institutions have largely rejected his recent views. His case serves as a cautionary tale about how charismatic personalities can evolve into polarizing figures, and how social media can amplify both activism and extremism.

Conclusion

Attila Hildmann's journey from celebrated vegan chef to controversial conspiracy theorist encapsulates the complex dynamics of modern influence and societal division. His story highlights the potential for individuals to leverage fame for positive change but also the risks inherent in the unchecked spread of misinformation and hate speech.

As society grapples with these challenges, Hildmann's case underscores the importance of critical media literacy, responsible platform moderation, and

the ongoing need to address the roots of societal polarization. Whether as a cautionary tale or a reflection of broader trends, Attila Hildmann's story remains a significant chapter in contemporary discussions about influence, freedom of expression, and social responsibility.

Attila Hildmann

attila hildmann: *Vegan for Fit* Attila Hildmann, 2013 You won't find another diet that is as rich in vital substances as Vegan for Fit. Attila Hildmann, an aspiring physicist and nutrition specialist, has created a plan based on modern scientific findings which all agree that a balanced, plant-based diet is the best way to effectively protect yourself against heart attacks, cancer, strokes, and other diet-related diseases. With Vegan for Fit, everyone has the possibility to achieve a total reset of their body and spirit in 30 days and to profit from the unique advantages that this type of diet offers.

attila hildmann: Vegan for Fun Attila Hildmann, 2014-03 Attila Hildmann, who grew up in Germany and is now a big name in the vegan world, has given the vegan diet an entirely new direction. In this cookbook, Hildmann doesn't only share 50 of his best recipes, but also a lot about the basics and beneficial effects of eating a vegan diet.

attila hildmann: Epidemics and Othering Heike Steinhoff, 2023-11-02 The COVID-19 pandemic has affected the lives of many people around the globe and has brought to the fore discussions about the ways in which relations of power have shaped human biology and the health of populations. Focusing on these biopolitics, this collection brings together a number of historical and cultural perspectives on processes of othering in the long transnational human history of epidemics and pandemics. Contributors explore the intertwinement of biopolitics and othering with regard to specific bodies, people, and places, in relation to COVID-19 and beyond, as they discuss othering dynamics in the context of post/colonialism and with reference to a number of different cultural, political, medical and media discourses.

attila hildmann: ,

attila hildmann: Freedom or Death Markus Sabo Gabriel, 2024-10-21 This book covers the planned destruction of the Patriot Movement in the United States and the main reasons that caused it. The author will demonstrate how easy it was for the Plutocrats to divert this vital patriotic reactionary movement against communism into nationalism and even national socialism. By supplying demagogues and counter intelligence, to take it over. It contains furthermore a perspective on the Crown-Virus that started in 2020 and how mankind should face the threat of the new age, the Era of Technocracy. The reader will learn that the few very important concepts in this book are enough to shake the foundation of the corrupted establishment of this world. Its solidity is founded on images and illusions.

attila hildmann: Attila Hildmann's 30-day Challenge Vegan for Fit Attila Hildmann, 2013 Eating vegan is a megatrend that more and more people around the globe are enthusiastically adopting--including many stars, actors, and athletes from Hollywood to Sydney. A vegan diet is healthy, full of variety, low in fat, and cholesterol free, and it's based on delicious recipes that don't contain any animal products. The most important thing is to rethink the ingredients you buy. And then your ice cream and chocolate bars won't only be amazingly delicious, but also much healthier and lower in fat than you had ever imagined possible. In addition to health and renewed vitality, you can also have a completely clear conscience about animals and the environment. Attila Hildmann, who grew up in Germany and is now a big name in the vegan world, has given this type of diet an entirely new direction. He believes that eating vegan one or two days a week or having one vegan meal a day can considerably improve people's level of health and fitness. The aspiring physicist lost more than 65 pounds (30 kilos) himself without dieting, but rather by completely changing his eating

habits. Hildmann is truly a master of coming up with recipe ideas that even people with the most discerning palates are excited about. He is even able to easily conjure up hearty flavors like those you are familiar with from meat. And his recipes are incredibly simple. Many of the recipes work well as snacks or for the office, and they'll add healthy variety to your diet.

attila hildmann: *Antisemitism on Social Media* Monika Hübscher, Sabine von Mering, 2022-03-22 *Antisemitism on Social Media* is a book for all who want to understand this phenomenon. Researchers interested in the matter will find innovative methodologies (CrowdTangle or Voyant Tools mixed with discourse analysis) and new concepts (tertiary antisemitism, antisemitic escalation) that should become standard in research on antisemitism on social media. It is also an invitation to students and up-and-coming and established scholars to study this phenomenon further. This interdisciplinary volume addresses how social media with its technology and business model has revolutionized the dissemination of antisemitism and how this impacts not only victims of antisemitic hate speech but also society at large. The book gives insight into case studies on different platforms such as Twitter, Facebook, TikTok, YouTube, and Telegram. It also demonstrates how social media is weaponized through the dissemination of antisemitic content by political actors from the right, the left, and the extreme fringe, and critically assesses existing counter-strategies. People working for social media companies, policy makers, practitioners, and journalists will benefit from the questions raised, the findings, and the recommendations. Educators who teach courses on antisemitism, hate speech, extremism, conspiracies, and Holocaust denial but also those who teach future leaders in computer technology will find this volume an important resource.

attila hildmann: *Witch Politics in Early Modern Europe (1400-1800)* Stephan Quensel, 2023-06-26 Why does an entire society believe that there are witches who must be burned? What roles did the emerging 'state', the professions of clerics and jurists, and the public involved play in each case? And how could this project be completed? From a sociological point of view, the findings of recent international research on witches provide a model of a more general, highly ambivalent, 'pastoral' attitude, according to which a shepherd has to care for the welfare of his flock as well as for its erring sheep. The first main part describes the clerical initial situation, which developed the 'Dominican' demonological model of witchcraft on the basis of the still dominant magico-religious mentality in the 15th century. A model, according to the second part of the book, which then in the course of the 16th century in Western Europe increasingly fell into the hands of the not so innocent jurists. From there it developed into a legal witch persecution that realized the early European witch model from the village witch to the mass persecutions to the late child witches. The third part describes how witch persecutions slowly became less important towards the end of the 17th century as a general witchcraft 'politics' game in the transition from a confessional state to a (court) 'civil service' state.

attila hildmann: *The Radical Right During Crisis* Eviane Leidig, 2021-09-21 While the COVID-19 pandemic overshadowed all else and would quickly have a lasting impact on our daily lives, other events related to the radical right in 2020 soon surfaced. From terrorist attacks in Germany and India to anti-mask protests across the U.S. and Europe, radical right violence escalated in the midst of circulating conspiracy theories and disinformation. The yearbook draws upon insightful analyses from an international network of scholars, policymakers, and practitioners who explore the dynamics and impact of the radical right. It explores a wide range of topics including reflections on authoritarianism and fascism, the role of ideology and (counter-)intellectuals, and radical-right responses to the pandemic and calls for police reform in the height of the Black Lives Matter protests. It ends with important assessments on best approaches towards countering the radical right, both online and offline. This timely overview provides a broad examination of the global radical right in 2020, which will be useful for scholars, students, policymakers, journalists, and the public.

attila hildmann: *The Age of Insurrection* David Neiwert, 2023-06-27 An important book, offering the clearest explanation of how dark forces conspired to overthrow our democratically elected government and install a fascist regime in its place. And it's a warning that what comes next

might be even worse... His prose is passionate, thoughtful, at times blisteringly funny and always deeply morally engaged with the importance of the work. -- The Seattle Times A brisk and searing history... It's a disturbing look at how hard extremism is to stamp out. --Publishers Weekly The strange and terrible tale of the far right's long war on American democracy . . . From a smattering of ominous right-wing compounds in the Pacific Northwest in the 1970s, to the shocking January 6, 2021 insurrection at the U.S. Capitol, America has seen the culmination of a long-building war on democracy being waged by a fundamentally violent and antidemocratic far-right movement that unironically calls itself the Patriot movement. So how did we get here? Award-winning journalist David Neiwert — who been following the rise of these extremist groups since the late 1970s, when he was a young reporter in Idaho — explores how the movement was built over decades, how it was set aflame by Donald Trump and his cohorts, and how it will continue to attack American democracy for the foreseeable future. Neiwert especially studies how the Pacific Northwest has long been a breeding ground of extremist violence, from the time when neo-nazis migrated to the area from southern California in the 1970s, through the great battles in Portland and Seattle and neighboring towns over the last decade. Laying out how these groups organize their terroristic violence and attacks on democratic institutions at every level—including local, state, and federal targets—Neiwert details what their strategies and plans look like for the foreseeable future.

attila hildmann: Through a Vegan Studies Lens Laura Wright, 2019-02-20 Interest in the vegan studies field continues to grow as veganism has become increasingly visible via celebrity endorsements and universally acknowledged health benefits, and veganism and vegan characters are increasingly present in works of art and literature. Through a Vegan Studies Lens broadens the scope of vegan studies by engaging in the mainstream discourse found in a wide variety of contemporary works of literature, popular cultural representations, advertising, and news media. Veganism is a practice that allows for environmentally responsible consumer choices that are viewed, particularly in the West, as oppositional to an economy that is largely dependent upon big agriculture. This groundbreaking collection exposes this disruption, critiques it, and offers a new roadmap for navigating and reimaging popular culture representations on veganism. These essays engage a wide variety of political, historical, and cultural issues, including contemporary political and social circumstances, emergent veganism in Eastern Europe, climate change, and the Syrian refugee crisis, among other topics. Through a Vegan Studies Lens significantly furthers the conversation of what a vegan studies perspective can be and illustrates why it should be an integral part of cultural studies and critical theory. Vegan studies is inclusive, refusing to ignore the displacement, abuse, and mistreatment of nonhuman animals. It also looks to ignite conversations about cultural oppression.

attila hildmann: Pastels and Pedophiles Mia Bloom, Sophia Moskalenko, 2021-06-15 A NEW YORK TIMES EDITORS' PICK / TOP 10 RECOMMENDED READ Two experts of extremist radicalization take us down the QAnon rabbit hole, exposing how the conspiracy theory ensnared countless Americans, and show us a way back to sanity. In January 2021, thousands descended on the U.S. Capitol to aid President Donald Trump in combating a shadowy cabal of Satan-worshipping pedophiles. Two women were among those who died that day. They, like millions of Americans, believed that a mysterious insider known as Q is exposing a vast deep-state conspiracy. The QAnon conspiracy theory has ensnared many women, who identify as members of pastel QAnon, answering the call to save the children. With Pastels and Pedophiles, Mia Bloom and Sophia Moskalenko explain why the rise of QAnon should not surprise us: believers have been manipulated to follow the baseless conspiracy. The authors track QAnon's unexpected leap from the darkest corners of the Internet to the filtered glow of yogi-mama Instagram, a frenzy fed by the COVID-19 pandemic that supercharged conspiracy theories and spurred a fresh wave of Q-inspired violence. Pastels and Pedophiles connects the dots for readers, showing how a conspiracy theory with its roots in centuries-old anti-Semitic hate has adapted to encompass local grievances and has metastasized around the globe—appealing to a wide range of alienated people who feel that something is not quite right in the world around them. While QAnon claims to hate Hollywood, the book demonstrates how

much of Q's mythology is ripped from movie and television plot lines. Finally, Pastels and Pedophiles lays out what can be done about QAnon's corrosive effect on society, to bring Q followers out of the rabbit hole and back into the light.

attila hildmann: *Vulnerable Minds* Liya Yu, 2022-08-16 Neuroscience research has raised a troubling possibility: Could the tendency to stigmatize others be innate? Some evidence suggests that the brain is prone to in-group and out-group classifications, with consequences from ordinary blind spots to full-scale dehumanization. Many are inclined to reject the argument that racism and discrimination could have a cognitive basis. Yet if we are all vulnerable to thinking in exclusionary ways—if everyone, from the most ardent social-justice advocates to bigots and xenophobes, has mental patterns and structures in common—could this shared flaw open new prospects for political rapprochement? Liya Yu develops a novel political framework that builds on neuroscientific discoveries to rethink the social contract. She argues that our political selves should be understood in terms of our shared social capacities, especially our everyday exclusionary tendencies. Yu contends that cognitive dehumanization is the most crucial disruptor of cooperation and solidarity, and liberal values-based discourse is inadequate against it. She advances a new neuropolitical language of persuasion that refrains from moralizing or shaming and instead appeals to shared neurobiological vulnerabilities. Offering practical strategies to address those we disagree with most strongly, *Vulnerable Minds* provides timely guidance on meeting the challenge of including and humanizing others.

attila hildmann: *The Crisis of Bourgeois Ideology and of Opportunism* Stefan Engel, 2022-07-18 The second part of the book series, *The Crisis of Bourgeois Ideology, and the Doctrine of the Mode of Thinking*, deals with the essential variants of bourgeois ideology since the reorganization of international capitalist production in the 1990s. In view of the growing capitalist crisis chaos and a widespread ideological disorientation, the emphasis in this second part is on the critique of the most important opportunist currents of the present day. Opportunism seeks to dissuade the working-class and people's movements from class struggle and scientific socialism. It exerts a harmful influence on parts of the international revolutionary and working-class movement. Every politically thinking, responsibly acting person must ask themselves today where they stand in regard to the globe-spanning capitalist system. Along with absurd wealth, it produces misery for millions and puts the basis of human life at risk. Does one howl with the wolves then and bury the dream of a liberated society for good, only because socialism had to accept a temporary defeat due to the revisionist betrayal in the Soviet Union or in China? Or does one help the gigantic progress of scientific knowledge and practical achievements in social production to break through against the maelstrom of pragmatism and opportunism, and join in the necessary revolutionary transformation of society?

attila hildmann: *The Cultural Politics of Anti-Elitism* Moritz Ege, Johannes Springer, 2023-03-16 This book examines the highly ambivalent implications and effects of anti-elitism. It draws on this theme as a cross-cutting entry point to provide transdisciplinary analysis of current conjunctures and their contradictions, drawing on examples from popular culture and media, politics, fashion, labour and spatial arrangements. Using the toolboxes of media and discourse analysis, hegemony theory, ethnography, critical social psychology and cultural studies more broadly, the book surveys and theorizes the forms, the implications and the ambiguities and limits of anti-elitist formations in different parts of the world. Anti-elitist sentiments colour the contemporary political conjuncture as much as they shape pop cultural and media trends. Populists, right-wing authoritarian ones and others, direct their anger at cultural, political and, sometimes, economic elites while supporting other elites and creating new ones. At the same time, elitist knowledge and expertise, decision-making power and taste regimes are being questioned in societal transformations that are discussed much more positively under headlines such as participation or democratization. The book brings together a group of international, interdisciplinary case studies in order to better understand the ways in which the battle cry against the elites shapes current conjunctures and possible future politics, focusing on themes such as nationalist political discourse in India, Austria,

the UK and Hungary, labour struggles and anti-oligarchy rhetoric in Russia, tax-avoiding elites and fiscal imaginaries, working-class agency, Melania Trump as a celebrity narrative in Slovenia, aesthetic codes of the Alt-Right, football hooliganism in Germany, hipster hate in German political discourse or the politics of expertise and anti-elite iconography in high fashion internationally. The book is intended for undergraduates, postgraduates and postdoctoral researchers. The Open Access version of this book, available at www.taylorfrancis.com, has been made available under a Creative Commons Attribution-Non Commercial-No Derivatives 4.0 license

attila hildmann: *Do Childfree People Have Better Sex?* Verena Brunschweiler, 2022-03-01
Verena Brunschweiler is no stranger to controversy. In her latest book, *Do Childfree People Have Better Sex?*, our provocateur tackles this increasingly popular topic and its many ramifications, head-on. After conveying her own personal story, Brunschweiler expounds with data in hand on the implications of having children: the ecological and environmental consequences, feminism, politics, and philosophical disputation. She explores current issues including over-population and the environment, animal welfare, abortion and reproductive rights, politics, and anti-natalism. Brunschweiler posits women have the right to be happy and, if they choose to, feel comfortable rejecting the societal conventional pressure of having children. Our author suggests that women and their partners will have more freedom and enjoyment if they are childfree. Brunschweiler doesn't want humanity to go extinct as some may suggest; rather, she wants the earth and its inhabitants to have an enjoyable and sustainable future.

attila hildmann: *The Mindfulness Diet* Dr Patrizia Collard, Helen Stephenson, 2015-01-05
Mindfulness is the new attitude to living. Taking an attitude of mindful awareness to eating will not only help you appreciate every mouthful, but reward you with a whole new way to eat that heals your food issues. If you've always wanted to eat better and manage your weight, *The Mindful Diet* is for you. There's no dieting, calorie-counting or fasting - by changing your approach to feeding yourself, you can tune in to your 'body wisdom' and begin to eat less of what you don't need, while filling up nourishing foods that help you reach the weight you'll be happy with for life. The recipes in this book are simple and nutritious, so you can cook fast, but eat slow, with appreciation and mindful awareness of every delicious bite. DISCOVER: * How to tune in to your body and eat the foods you really need and achieve your best weight * Freedom from cravings - how to beat emotional eating * Mindful eating plans to keep you on track * 70 quick and easy recipes - breakfasts, lunches, dinners and snacks * The essential Mindfulness techniques that will transform your eating habits forever Eat your way to your perfect weight!

attila hildmann: *Communicating COVID-19* Christian Fuchs, 2021-09-06
Communicating COVID-19 analyses the changes of everyday communication in the COVID-19 crisis. Exploring how misinformation has spread online throughout the pandemic, the impact of changes on society and the way we communicate, and the effect this has had on the spread of misinformation.

attila hildmann: *Contemporary Germany and the Fourth Wave of Far-Right Politics* Manès Weisskircher, 2023-09-28
This volume provides a state-of-the-art analysis on the fourth wave of far-right politics in Germany by leading scholars in the field. Innovatively, the book focuses not only on the role of the electoral breakthrough of AfD, the Federal Republic's first-ever nationally established far-right party, but also on the many crucial instances of non-party activism, such as the 'New Right' intellectual circles, PEGIDA street protest, and political violence. For a long time, Germany was regarded as an exceptional case because of the lack of an established far-right party on the national level. Times have changed - but Germany still remains unique. The book highlights four features that continue to make the case exceptional within Western Europe: (I) The strong diversity of vibrant far-right political players in Germany and their many interconnections, (II) the electoral success of AfD, i.e. the delayed electoral breakthrough of a far-right party on the national level, (III) the importance of 'militant democracy', specifically how established players have responded to AfD, and (IV) the relevance of the east-west divide for understanding far-right politics in Germany. Contributions on these topics highlight the broader theoretical relevance of the analysis of the German far-right, connecting to many research questions that have occupied scholars also in

other contexts. The book is essential reading for all those with an interest in the far right, German and European politics, as well as in the interconnections between political parties, social movements, and subcultural milieus.

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