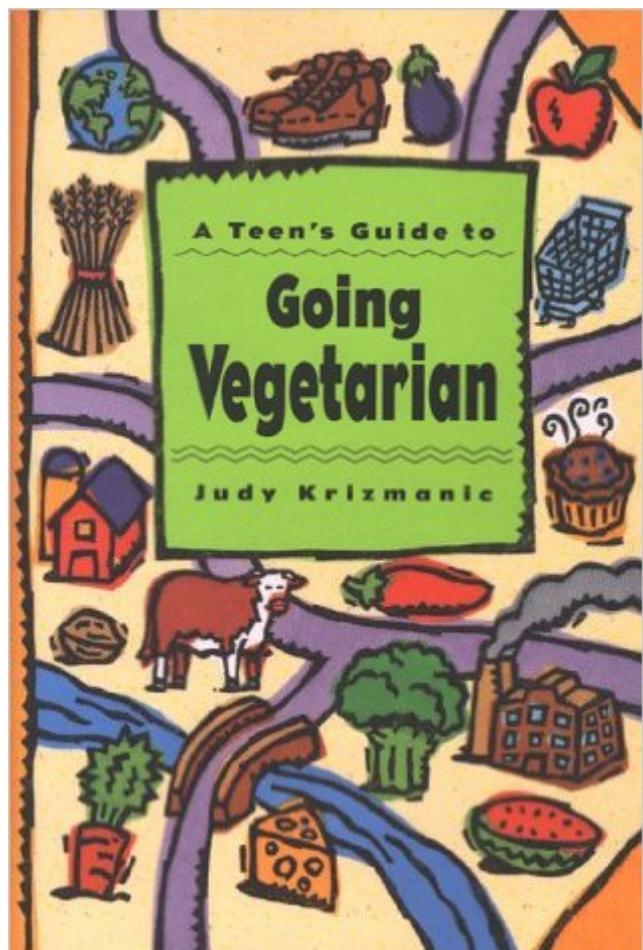


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# A Teen's Guide To Going Vegetarian



## **Synopsis**

Every day, all across America, more and more teenagers are going vegetarian--and here's the book that has all the answers they want and need. The guide covers all the bases--from nutritional requirements to dealing with anxious parents and friends--and includes some easy beginner's recipes. It all adds up to the most comprehensive, accessible book of its kind.

## **Book Information**

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## **Customer Reviews**

This book about vegetarianism is the most informative and easy to understand book for teens and with teens input. I enjoyed this book emensely because I'm a teen myself and after reading this book with all it's info on nutrition, how to deal with parents, friends and how it helps the world. The author does a lot to get REAL teen's opinon on why they became vegetarians. The book was so good I read it in 3 hours (my record). I would highly recommend this book to teens or adults wanting to explore the options and information on becoming a vegetarian and why you can help the world by not eating meat. I now am a vegetarian it is fun and kinda special to tell people 'yes I'm a vegetarian I don't eat meat ' read the book you'll be very interested . Happy reading and happy meatless meals.

This is a great book for teen vegetarians, or teens thinking about becoming vegetarians. This book has 13 chapters, each full of information.1. What is a vegetarian, anyways?- This gives straight forward answers, and describes different kinds of vegetarians and why people are vegetarians.2. For The Planet- About how being a vegetarian benifits the planet.3. For The Animals- You guessed it, all about how being a vegetarian helps animals.4. For Your Health- About how being veggie helps you.

This part also dispels many myths not-vegetarians have about a vegetarian diet.5. Making The Switch- About going from meat-eater to vegetarian.6. What will your parents say?- I think this is one of the best chapters, as it gives lots of information about what parents may be thinking and how to convince them without being rebellious.7. What will your friends say?- Yet another concern to teens, this chapter deals with dealing with friends.8. Sticky Situations- This is another great chapter for teens, that answers all those nagging questions. What about at friends houses? How about when I'm traveling?9. Surviving at School- All about cafeteria blues, science class dissection, and ways to make changes in your school.10. Some Nutrition Basics- Another great chapter. All the nutrition you need to know, written in a clear way for teens to understand.11. Fabulous Vegetarian Foods- All about vegetarian foods to try.12. The Makings Of A Meal- About what to include in yummy and healthy meals.13. Some Recipes To Get You Started- I'll be honest, I haven't tried any of the recipes yet, but they sound great. They are written in a way great for beginning cooks. This book is written in a non-judgmental, just facts way, but after reading it you will probably want to be vegetarian, if not vegan. I love the way the author talked to real teens, and included their quotes, knowledge, and tidbits of information about being vegetarian. This book includes a good concrete basis on all information necessary to a teenage vegetarian, and is written in an engaging, interesting, funny, and informative way. I wish I could give this book 10 stars, it is such a great reference for the teenage vegetarian.

When I was becoming vegetarian in 6th grade, I read a lot of books, but none dealt with it from the teenagers viewpoint. They discussed what to shop for and how to plan large elaborate meals, and lots of other things that were of no use to me at that time. That's this book's strong point. It is written clearly for teenagers, dealing with the issues they need to know about. It covers nutrition and the likes wonderfully, in a way that can be easily understood, but also deals with uniquely teenage concerns such as how to discuss this with your parents and how to deal with going out with friends, school meals, etc. In addition, it covers the basic reasons for becoming a vegetarian, and the different types of vegetarians there are. It's a great resource for any teenager considering vegetarianism.

I became a vegetarian almost ten years ago, and this book was released soon after I made the switch. It could not have come at a better time. I originally found it at the library, but I checked it out so many times, I knew I needed my own copy. The book really set me on a great path, and helped me deal with a number of different situations. I became a vegetarian while I was still living at my parents' house (where every meal revolved around meat) They initially dismissed my new

vegetarianism as a "phase". I was so happy to prove them wrong! This book really helped me gain confidence, and gave me the will-power and drive to stick with the vegetarian lifestyle.

"A Teen's Guide to Going Vegetarian" is a very informative, clearly written book. I bought it for my sixteen year old grandson, who is seriously following a vegetarian diet, due to his aversion to eating dead critters. Before giving the book to him, I read it and learned a lot about the health benefits and ease of preparing vegetarian meals. The information is geared toward teens, guiding them on how to assure concerned relatives and friends on the wholesome benefits of this diet. This book offers many ideas on how to plan healthy snacks, make inconspicuous choices at family meals and prepare a completely well-rounded diet.

I have been a vegetarian since birth, but this book was still very informative. Very good recipies and great ideas!! :-)

"A Teen's Guide to Going Vegetarian" was great--with everything you need to know at all. In the beginning, it told me why which influenced me to become a vegetarian--especially the part about the animals. It gave me help about telling my family and friends, and sicne now I'm a vegetarian, it's helps me know about nutrition and hidden indgriedients. Five stars is not an exarggeration!

This book helped me make the change from carnivore to herbivore! I have been a veggie for three years, and this book helped me through the first months of my switch and made things so easy. It even has sections on how to deal with meat eating friends, family, etc. It is so helpful. This book is a must for anyone looking into the vegetarian lifestyle!

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