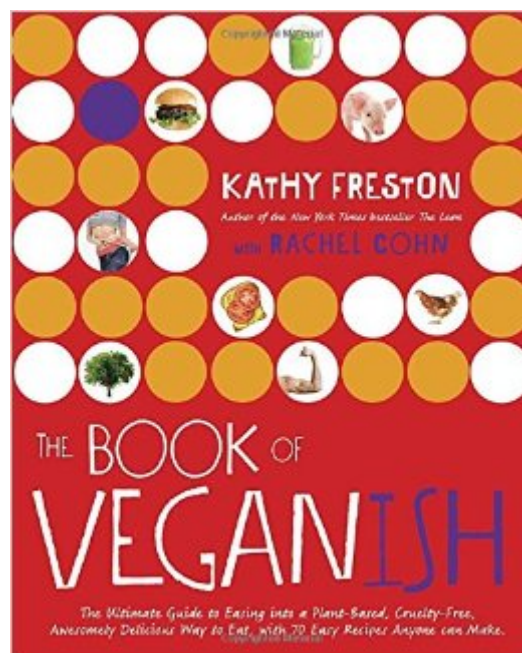


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The Book Of Veganish: The Ultimate Guide To Easing Into A Plant-Based, Cruelty-Free, Awesomely Delicious Way To Eat, With 70 Easy Recipes Anyone Can Make



Synopsis

Bestselling authors Kathy Freston and Rachel Cohn join together to create a toolbox of resources to aid socially aware teens and young adults interested in adopting a vegan lifestyle. *The Book of Veganish* contains everything curious young adults need to help them navigate through the transition to a vegan lifestyle. The 70 simple recipes are perfect for those with tight budgets and rudimentary cooking tools (and skills). Filled with insights on the benefits of adopting a plant-based diet and how to best deal with parents and the rest of the nonvegan world, *The Book of Veganish* will allow existing and aspiring vegans to feel confident about their new lifestyle choices.

Book Information

Paperback: 288 pages

Publisher: Pam Krauss/Avery; 1 edition (August 30, 2016)

Language: English

ISBN-10: 0553448021

ISBN-13: 978-0553448023

Product Dimensions: 7.5 x 0.8 x 9.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars *See all reviews* (1 customer review)

Best Sellers Rank: #5,518 in Books (See Top 100 in Books) #1 in *Books > Teens > Personal Health > Diet & Nutrition* #1 in *Books > Teens > Hobbies & Games > Cooking* #9 in *Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian*

Customer Reviews

I LOVE this book! So fresh and straight forward and so very helpful. Such a fun read too!

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