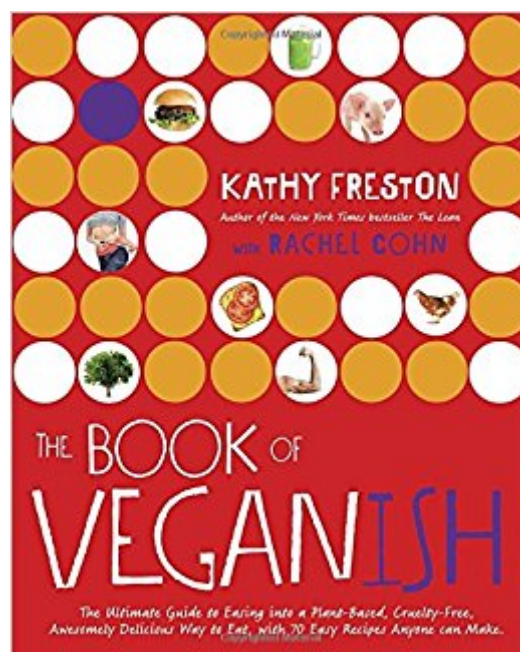


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The Book Of Veganish: The Ultimate Guide To Easing Into A Plant-Based, Cruelty-Free, Awesomely Delicious Way To Eat, With 70 Easy Recipes Anyone Can Make



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

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#124 in *Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian*

Customer Reviews

Kathy Freston is a New York Times *bestselling* author with a concentration on healthy living and conscious eating. She has appeared on *The Oprah Winfrey Show*, *Ellen*, *The Dr. Oz Show*, and *The Martha Stewart Show*, and in *Vanity Fair*, *Harper's Bazaar*, and *Self*. Freston is a regular contributor to *The Huffington Post*. Rachel Cohn is the author of numerous bestselling young-adult fiction books, including the *Gingerbread* series and *Nick & Norah's Infinite Playlist*. Cohn's books have been named *Best of the Year* by *Publishers Weekly*, *School Library Journal*, and *Kirkus Reviews*.

I saw the author on Dr. Oz. Decided immediately to purchase this cookbook. I do not like to eat meat for ethical & health reasons & have been searching for a good cookbook with easy to make recipes that I can cook for family & friends. I have read the cookbook completely. I am really looking

forward to making some of her recipes. Great price for a very good cookbook.

The first recipes we've tried are Fabulous. Definitely a help in staying out of eating "ruts" and yet maintaining our chosen way of eating.

Really well-organized and easy to read. Simple, straight-forward ideas and recipes. Great!

Love it and can't wait to try out the recipes

very enlightening. reminded me of all the things I already knew and made me rethink and remember the sadness. but the sadness has turned to taking action and being as veganish as I can!

Great book about becoming vegan.

Purchased the book for my wife and she loves it.

Simple and easy vegan recipes anyone can make and afford!

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