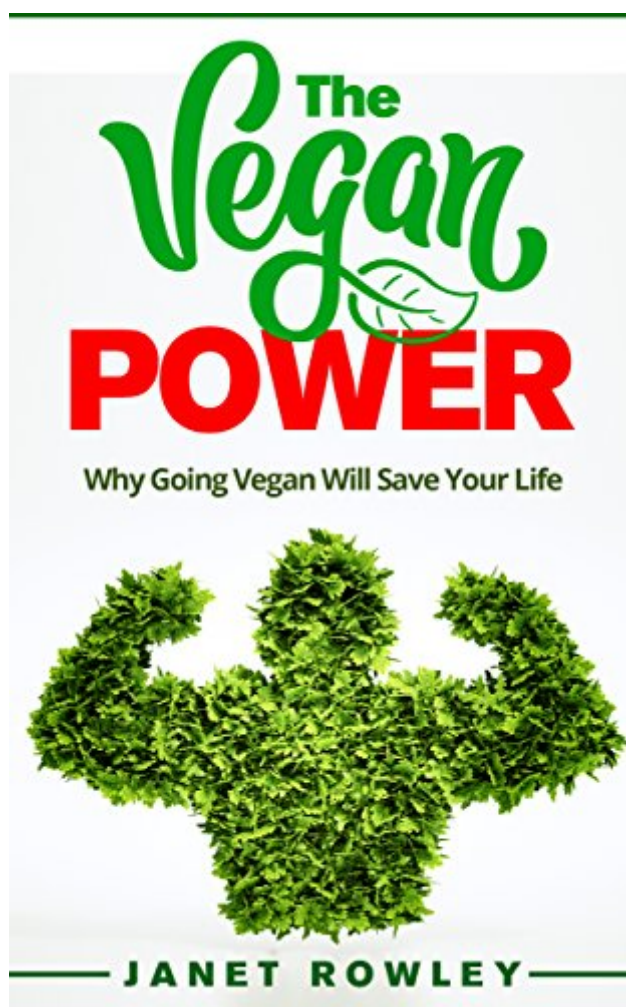




The book was found

The Vegan Power: Why Going Vegan Will Save Your Life (Vegan Diet, Veganism, Healthy Eating, Vegan Diet For Beginners, Clean Eating, Weight Loss, Vegan Cookbook)





Synopsis

Learn Why and How Switching To a Plant Based Diet Will Save Your Life This book contains proven steps and strategies on how to make the shift from eating mostly meat to eating vegetables and not eating or using animal products. This book also offers compelling information on why you should go vegan. It presents information of the diet and lifestyle in general, the benefits of the vegan diet to health, veganism's impact on the environment, and veganism and its influence on emotions and spirituality. Lastly, the book teaches you the steps to shift to veganism and stick to it for the long term. Here Is A Preview Of What You'll Learn... The Vegan Diet Basics How the Diet Benefits You How the Diet Can Benefit the Planet The Vegan Diet and Emotions A Better Person with the Vegan Diet Going Vegan and Staying Vegan And Much, much more! Download your copy today! Take action and download this book for a limited time discount of only \$0.99 in order to improve your health and your well being today!

Book Information

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Customer Reviews

The vegan lifestyle is one that has become much more common place in our society today, and I

think that the more readily available information we have on it, the better. This book is a nice overview on veganism. It is a nice place to start, if you are considering making the switch. The author discusses the many reasons why so many people become vegan. There are many different reasons, whether a concern about health, the environment or animal cruelty. This book describes how you can maintain a vegan diet, and still get the vitamins and minerals that you need. There are also many diseases and conditions that can be lessened, prevented or even cured by this lifestyle. If you are interested in veganism, this book is worth checking out.

I've been a carnivore my whole life, but there's definitely a lot to learn from being vegan as well. This is a great introduction book for anyone considering to go down the path and experiment with becoming vegan. The one concern I had with the vegan diet was protein, but the author does a great job at listing out simple ways on how to include more protein in your diet with animal alternatives. After showing you how to go about incorporating the vegan lifestyle, the author goes over a list of scientifically proven benefits of being vegan. I never knew that vegans have been shown to have a lower prevalence of obesity, cancer, hypertension, healthy bones and other benefits as well. And of course, not only the health benefits but also the benefit that you have on the earth. Less air pollution, water pollution, and animal cruelty as well. As mentioned, I've been a carnivore my whole life but after reading this book I am considering to experiment with veganism as well.

This is very interesting reading for me because I was always wanted to know something about vegan diet and this is it! I like how the author started the topic with the intro then the negative health effects of meat consumption. For me personally, I don't usually finish to read a recipe book. I just scan some then done. But somehow the second chapter made me go back to the first page and read it till the last page. This book did a great job of explaining exactly what veganism is. It's easy for me to get confused with all the different information out there. I would recommended this book.

This book has got me interested on how to start a vegan diet. It explains here that vegan diet is one that consists of only plant-derived foods. I like how this book explains the benefits of going vegan, what vegan foods consists off, and why vegan foods still taste like the usual foods we eat. I recommend this to anyone thinking of transitioning. Great starter kit and guide.

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