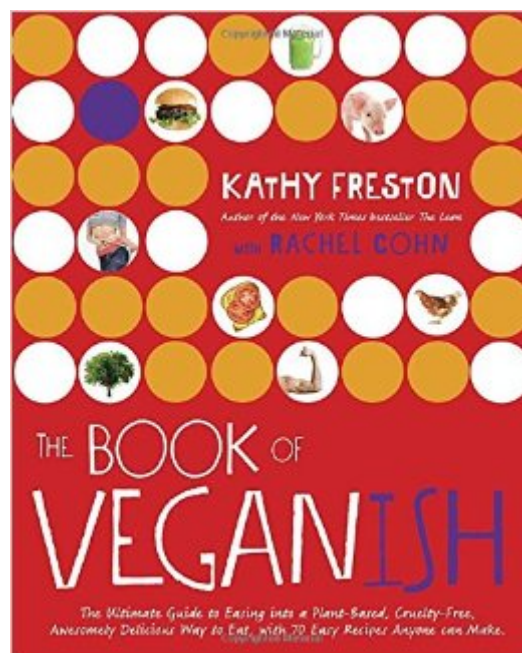


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The Book Of Veganish: The Ultimate Guide To Easing Into A Plant-Based, Cruelty-Free, Awesomely Delicious Way To Eat, With 70 Easy Recipes Anyone Can Make



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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Customer Reviews

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

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