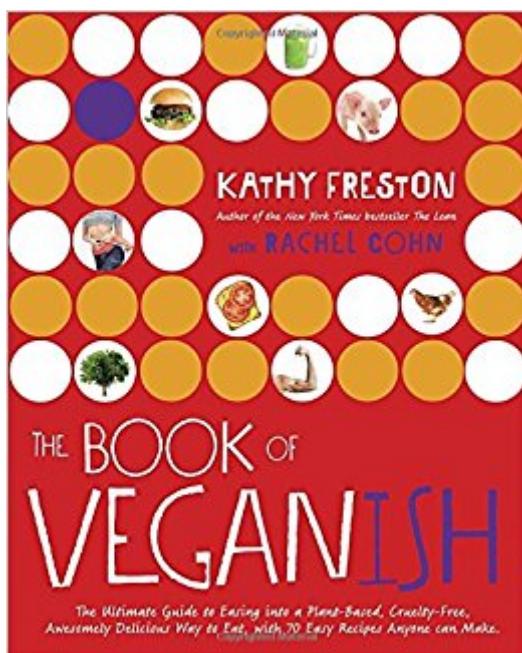


The book was found

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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Personal Health > Diet & Nutrition #10 in Books > Teens > Hobbies & Games > Cooking

#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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