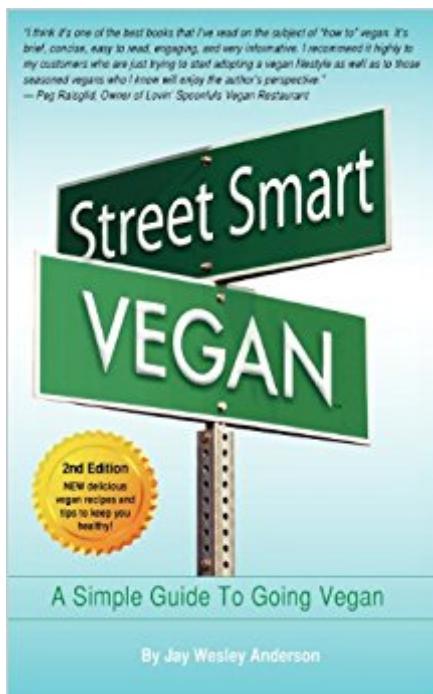


The book was found

Street Smart Vegan: A Simple Guide To Going Vegan



Synopsis

Discover what every vegan should know in Street Smart Vegan: A Simple Guide To Going Vegan. This second edition delivers more vegan tips and easy vegan recipes to keep you healthy. You will learn about consuming cruelty-free, cholesterol-free foods that leave no taste bud wanting while experiencing the joy of minimizing your eco-footprint. Street Smart Vegan helps you eliminate the guesswork, uncertainty and misinformation about the vegan lifestyle. Vegan author Jay Wesley Anderson helps new vegans go vegan and vegetarians become totally vegan. He holds a degree in Environmental Policy with a minor in Anthropology and began his gradual vegan lifestyle detour in 2005.

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Customer Reviews

"As someone considering going vegan, Jay's book contains the knowledge every new vegan should know to build a solid foundation for better health and a more compassionate planet." --Andrew Thompson"Just finished this book...good read and it was loaded with useful information. Loved the recipes." --Mandy Romijn"This is a gem of a book: full of information and insights about how and why to be vegan - and a really fun read! Highly recommended for everyone who eats." --Bridget Clarke --This text refers to the Perfect Paperback edition.

Vegan author Jay Wesley Anderson helps new vegans go vegan and vegetarians become totally vegan. He holds a degree in Environmental Policy with a minor in Anthropology and began his

gradual vegan lifestyle detour in 2005. --This text refers to the Perfect Paperback edition.

I am finding switching over to vegan is much earlier than I had previously found. It is also nice to read inspiring quotes. I wish "animal people " weren't looked down on as being so radical/angry/annoying. I don't want to be a part of this cruelty or support the greedy pigs who control factory farms.

Very interesting reading and quick facts that introduced easy ways to begin eating smarter and healthier. I enjoyed the authors candor!

Excellent service, fast & very good packed. the book is excellent, it was in a very good shape. clean and i enjoyed it.

A wonderful book chocked full of facts and information sure to persuade anyone to become a vegan. Anderson includes facts about dairy, organics, meat, and other foods. There is a small section about myths, and myth busters! Are you sure what you're reading online and in news articles is all, completely true? In the very beginning of the book, Anderson talks about what a vegan is, and why one should become one. Even if you are not necessarily interested in becoming a vegan, getting this book, and taking a quick read through it might open your eyes to the truth about meat and other foods coming from animals. Definitely recommended for anyone interested in becoming a vegan, (recipes are included!) or anyone that wants to learn more about how getting on the 'vegan bus' will help you! I would like to thank the author for providing this book in exchange for an honest and unbiased review.

This book has a ton of great information not only on going vegan but also on eating right. Jay Wesley Anderson does a great job of showing the benefits of the vegan lifestyle without preaching to the readers. He outlines the dangers of chlorine, fluoride, high fructose corn syrup and aspartame as well as the problems with dairy and meat. Not to mention he backs up all his claims with hard evidence. The best part about this book was that it was easy to read and even though there is a lot of information packed into the pages it doesn't feel overwhelming. The only negative thing about this book is that it has some editorial errors. There's a few places where words are doubled up or misplaced. A few years ago I was having some digestive problems and cut meat out of my diet for about 6 months. During that time I felt better and seemed to have more energy. I have been toying

with the idea of becoming a vegan for some time now and this book gave me a few more reasons to give it try. I think I just found another new years resolution.I got to read this book for free compliments of Story Cartel.

I'm not actually a vegan, or even planning to be one, but I am someone who wants to eat clean, green and healthy, and incorporate as much plant based food into my diet as is possible and practical. So when I got the chance to receive a copy of this book free in return for an honest review, it seemed like a good chance to explore the subject further. As such this was a great book for me, both from the point of view of educating me as to the importance of eating clean and giving me practical tips on how to do so. Recommend it for anyone wanting to become vegan, or just move further in that direction. Veganism is a restrictive diet, but you come out of reading this book feeling like it's a realistic goal. If you just want to improve your nutrition and general health and learn more about keeping your body as toxin free as possible, it's also a good investment.

This book is a fantastic reference book for people who are looking to dabble in veganism or for people who are vegetarians looking to take their diet to the next level of clean eating. The author's layout is easy-to-use, the recipes are easy-to-follow and the author has realistic expectations about changing your current diet to a healthier one. The book is a step-by-step guide and I would recommend it to anyone who is curious or committed to making healthy changes.

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