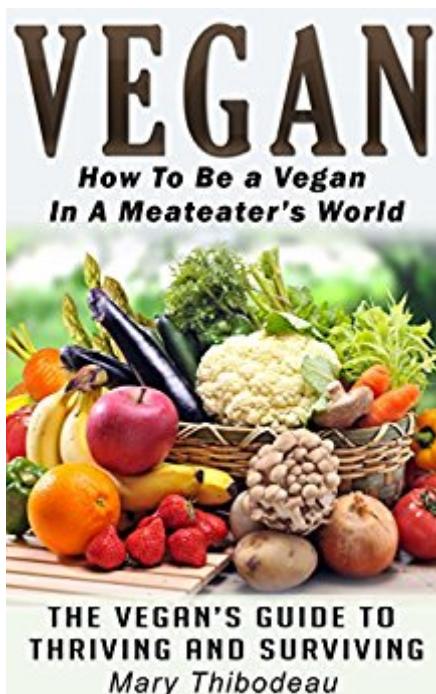


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# **Vegan: How To Be A Vegan In A Meat Eater's World: The Vegan's Guide To Thriving And Surviving (Natural Wellness Featuring Holistic, Herbal And Plant Based Therapies & Veganism Book 2)**



## Synopsis

Gain the Health, Personal, and Environmental Benefits of the Vegan LifestyleVegan: How To Be a Vegan in a Meat Eaterâ's World - The Veganâ's Guide to Thriving and Surviving by Mary Thibodeau teaches you how to enjoy your vegan journey. Youâ'll discover how to combat common misconceptions about the vegan diet, learn about veganism in our culture, and find security in your choice to become vegan with Maryâ's essential tips:Yes, I Get Enough Protein!Do You Really Need Milk for Strong Bones?The Differences Between Vegans and VegetariansVitamin B12 and Vegansand so much more!Read this book for FREE on Kindle Unlimited Âœ Download Now!When you download Vegan: How To Be a Vegan in a Meat Eaterâ's World - The Veganâ's Guide to Thriving and Surviving, youâll have access to Mary Thibodeauâ's wealth of knowledge about health and nutrition. Let her take you by the hand and explain how to enjoy greater energy and vitality as a vegan!Donât wait - Order your copy of Vegan: How To Be a Vegan in a Meat Eaterâ's World - The Veganâ's Guide to Thriving and Surviving right away!Youâll be so happy you did!

## Book Information

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## Customer Reviews

Maine author Mary Thibodeau lives in the great green wilds - creating a lifestyle steeped in wild plants while nurturing her life-long loves of learning and holistic healing. She completed the Sage Mountain Herbal Center's herbal certification program in 2001 and completed her certification through the University of Natural Health for the Holistic Nutrition Practitioner Program in 2009. This is her third book on Natural wellness and featuring Holistic, Herbal and Plant Based Therapies. Her first books were **TEN WILD HERBS FOR TEN MODERN PROBLEMS** and **DETOX**. Now she reaches in to the realm of explaining the Vegan concept and way of life in the most readable and enjoyable terms. Mary opens her book with an Introduction that sets her style and captures the reader's attention. **Many vegans feel isolated because they not only are the sole vegan around, but because they face the judgments of others for the way they eat.** Using my personal experiences as a meat eater (44 years) and as a vegan (over 5 years at this writing), I will share useful tips and suggestions to help vegans present themselves as confident, educated, and positive about veganism. In this way I hope to assist vegans in coping with their diet choices while projecting a self assured example of veganism to those interested in learning. **She then divides her book into digestible chapters - Why Do Vegans Get A Bad Rap? How The Media And Our Own Gullibility Have Affected Our Diet, Social Norms And Traditions That Make Going Vegan A Challenge, Arming Yourself With Vegan Expertise Vegan vs. Vegetarian Again, The Protein Myth The B-12 Issue & Vegans, Thriving As A Vegan, and Veganism For Everyday Life.** Mary's delivery is humorous and very well informed **a combination that makes for a very winning book!** Grady Harp, October 15

Nice little book on what someone might expect when adopting a vegan diet, and what they should expect from others. From making sure you get your nutritional needs to dealing with the snide remarks from others. It should appeal to people who have recently adopted a vegan lifestyle as well as those contemplating doing so.

This book was a joy to read. As I am new to this lifestyle and journey all that you shares is appreciated and saved me from common mistakes. I'm a 43 yr old wife of one and mother of six. We share many interests of herbs, animals and home educating. We are a busy athletic family and bananas do rule :) Thank you.

Highly informative, lots of great data and facts mentioned. The author seems very knowledgeable about the topic as she is living the lifestyle herself. Also great book for those who are transitioning from being meat eaters to becoming vegans, helpful advise to support their decision (becoming a vegan), and great tips on how to deal with many others who are not vegans. I like how she encourage positivity and stay respectful when dealing with non-vegans, and that vegans and meat-eaters can comingle just fine in family parties / gatherings. Great read.

If you are really interested in becoming Vegan, I feel that this is a great book to start off with. While reading this, being a beginner vegan myself, I found that it eased some of the anxieties to questions I had never even though of, but were bound to come into conversation at some point in the journey to Veganism by family and friends.

I have always wanted to become a vegan and this book is packed with information to help a person start this process! Recently I have gone through health changes and am working on being true to my inner beliefs. That being said, this change of eating is one of them and I am thankful to learn all about the ways to balance my nutrition and become successful in this lifestyle. Mary gave me a free version of this book to write my review. Thanks for the great read!

I borrowed this book for free using Kindle Unlimited. My girlfriend is vegan so I wanted to learn a little bit more about the lifestyle. I'm not a vegan myself but I've never been mad at a nice healthy, tasty vegan meal! This book was filled with great information and tips on how to be a vegan when you're surrounded by animal products everywhere! I know my girlfriend will be impressed with my new found knowledge :)

Informative interesting, give you some basic information that would give insightful. I would recommend this book to anyone who is starting their vegan journey

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