

Decide for yourself if the Vegan Lifestyle is for you! Not another diet plan although you will most likely lose weight, this is about taking control of yourself and your body for once and for ALL! There are many reasons people choose a lifestyle free of meat products. Some stem from personal beliefs, religious beliefs, and others from a health stand-point. No matter where you are coming from this guide will help you get started with a vegan lifestyle.

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as well. .. Great book to start with, but need lots more for further education on veganism.

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