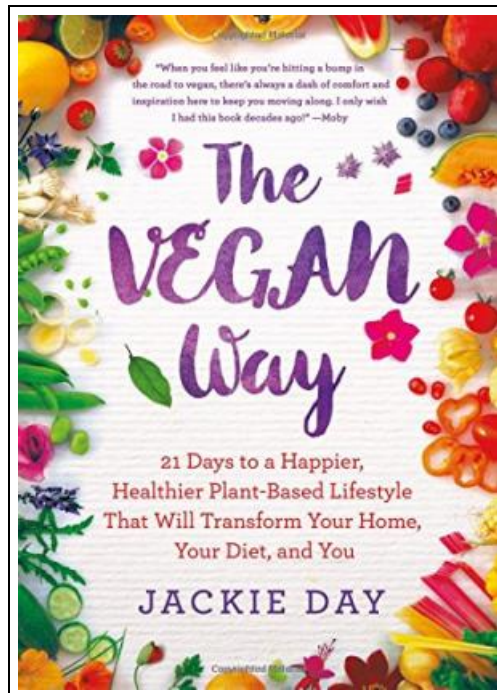


## The Vegan Way: 21 Days to a Happier, Healthier Plant-Based Lifestyle That Will Transform Your Home, Your Diet, and You (Paperback)



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## THE VEGAN WAY: 21 DAYS TO A HAPPIER, HEALTHIER PLANT-BASED LIFESTYLE THAT WILL TRANSFORM YOUR HOME, YOUR DIET, AND YOU (PAPERBACK)



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St. Martin s Griffin, 2016. Paperback. Condition: New. Language: English . Brand New Book. Writing in a playful and upbeat fashion, Day guides her readers through a day-by-day approach to living vegan. For those interested in becoming acquainted with the vegan way, this book marvelously succeeds. - Publishers Weekly I only wish I had had this book decades ago! - Moby This goes well beyond diet . This book is a comprehensive guide to anyone looking to switch to a plant-based life. - Booklist The Vegan Way is like having a friendly non-judgmental vegan friend by your side to help you every step of the way as you blossom into a happier, healthier being. So inspiring! - Pamela Anderson The Vegan Way is a book filled with everything Jackie Day has learned as a happy vegan, a health educator, and author of the popular vegan blog, My Vegan Journal. A lifestyle guide that s a real game-changer, The Vegan Way is for those who are intimidated by going vegan overnight, but don t want the transition to stretch out for months or even years. In a 21 day plan that emphasizes three core reasons for going vegan--being as healthy as you can be, being compassionate to animals, and respecting our planet--Jackie provides inspiration along with a specific goal to achieve with all of the support you need to accomplish it. It might be something as simple as switching out your coffee creamer for vanilla almond milk or kicking the cheese habit. Readers will learn where to dine and what to order when eating out, the most vegan-friendly places to visit, how to avoid clothing made from animals, and how to decipher those pesky ingredients lists. And throughout, Jackie will be providing glimpses into the finer points of vegan living, giving...

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