Veganist: Lose Weight, Get Healthy, Change the World (First Trade Paper ed)



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Reviews

Extremely helpful to any or all category of men and women. It really is rally exciting through reading time. I am just happy to let you know that this is basically the greatest pdf i have got go through in my personal existence and may be he finest book for at any time.

(Carroll Greenfelder IV)

VEGANIST: LOSE WEIGHT, GET HEALTHY, CHANGE THE WORLD (FIRST TRADE PAPER ED)



Weinstein Books. Paperback. Book Condition: new. BRAND NEW, Veganist: Lose Weight, Get Healthy, Change the World (First Trade Paper ed), Kathy Freston, Kathy Freston wasn't born a vegan. The bestselling author and renowned wellness expert actually grew up on chicken-fried steak and cheesy grits, and loved nothing more than BBQ ribs and vanilla milkshakes. Not until her thirties did she embrace the lifestyle of a veganist-someone who eats a plant-based diet not just for their own personal well-being, but for the whole web of benefits it brings to our ecosystem and beyond. Kathy's shift toward this new life was gradual--she leaned into it--but the impact was profound. Now Kathy shows us how to lean into the veganist life. Effortless weight loss, reversal of disease, environmental responsibility, spiritual awakening--these are just a few of the ten profound changes that can be achieved through a gentle switch in food choices. Filled with compelling facts, stories of people who have improved their weight and health conditions as a result of making the switch, and Q&As with the leading medical researchers, Veganist concludes with a step-by-step practical guide to becoming a veganist.easily and gradually. It is an accessible, optimistic, and illuminating book that will change the way you eat forever. No less delicious, still hearty and satisfying--just better for you and for all.



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