



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

Jackie Day

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"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**

"Day hit the nail on the head with this comprehensive vegan guide, perfect for the veg-curious to the seasoned vegan. Her writing is accessible and the layout of the book makes this a go-to for anyone who wants to step up their game when it comes to veganism."

- **Jasmin Singer, Senior Editor, VegNews Magazine**

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 readers something to aspire to as they get past Vegan 101. Readers will also find a handful of easy and delicious recipes sprinkled throughout. *The Vegan Way* is a road map that puts positive thoughts about health, the environment, and animals into action, transforming your life into a vibrant, healthy, and compassionate one.

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Dan Villanueva:

The book The Vegan Way: 21 Days to a Happier, Healthier Plant-Based Lifestyle That Will Transform Your Home, Your Diet, and You has a lot info on it. So when you make sure to read this book you can get a lot of help. The book was written by the very famous author. This articles author makes some research before write this book. This specific book very easy to read you can obtain the point easily after reading this book.

Colton Fierros:

On this era which is the greater individual or who has ability to do something more are more precious than other. Do you want to become one of it? It is just simple way to have that. What you need to do is just spending your time not very much but quite enough to experience a look at some books. Among the books in the top listing in your reading list is definitely The Vegan Way: 21 Days to a Happier, Healthier Plant-Based Lifestyle That Will Transform Your Home, Your Diet, and You. This book which can be qualified as The Hungry Hillside can get you closer in getting precious person. By looking way up and review this e-book you can get many advantages.

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As a student exactly feel bored in order to reading. If their teacher expected them to go to the library as well as to make summary for some book, they are complained. Just tiny students that has reading's soul or real their pastime. They just do what the trainer want, like asked to the library. They go to generally there but nothing reading seriously. Any students feel that reading through is not important, boring and also can't see colorful photos on there. Yeah, it is to become complicated. Book is very important in your case. As we know that on this time, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore this The Vegan Way: 21 Days to a Happier, Healthier Plant-Based Lifestyle That Will Transform Your Home, Your Diet, and You can make you truly feel more interested to read.

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