

Vegan Is Love: Having Heart And Taking Action

The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease Based on the groundbreaking results of his twenty-year nutritional study, Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives. Prevent and Reverse Heart Disease has helped thousands across the country, and is the book behind Bill Clinton ’s life-changing vegan diet. The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn’s program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyn ’s patients began to improve dramatically, and twenty years later, they remain free of symptoms. Complete with more than 150 delicious recipes perfect for a plant-based diet, the national bestseller Prevent and Reverse Heart Disease explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever. It will empower readers and give them the tools to take control of their heart health.

"We all Love" is a book for tender-hearted kids who want to live a compassionate lifestyle. It explores the earliest stages of empathy where we learn to recognize the things we have in common. By finding our similarities, we can begin having conversations about empathy and how we can live compassionately through a vegetarian or vegan lifestyle.

What better way to introduce your little one to the wonderful world of delicious vegan food, than with the "The Little Vegan Books" series. In Book One, The Vegan Alphabet book, join Tofu & Tempeh and many other vegan characters as we learn the alphabet...vegan style! This book comes with a bonus audiobook read-along download, with chimes to turn the page, and music as well! Read by the author E.E. Bertram, who loves animals and has been vegan for 20 years and vegetarian for 30 years. Visit the downloads page on our website to receive your complimentary audiobook. Use hashtag #BigMindKids to share your stories & reviews. https://consciousfiction.com.au

Addresses the nutritional concerns faced by many who are new to plant-based, vegetarian diets and shows how to cover every nutritional base, from protein to calcium and beyond. Features irresistibly delicious food that satisfies on every level --including amazing desserts to keep the most stubborn sweet tooth happy.

Introducing three- to seven-year-olds to the "ABCs" of a compassionate lifestyle, V Is for Vegan is a must-have for vegan and vegetarian parents, teachers, and activists! Acclaimed author and artist Ruby Roth brings her characteristic insight and good humor to a controversial and challenging subject, presenting the basics of animal rights and the vegan diet in an easy-to-understand, teachable format. Through memorable rhymes and charming illustrations, Roth introduces readers to the major vegan food groups (grains, beans, seeds, nuts, vegetables, and fruits) as well as broader concepts such as animal protection and the environment. Sure to bring about laughter and learning, V Is for Vegan will boost the confidence of vegan kids about to enter school and help adults explain their ethical worldview in a way that young children will understand. From the Hardcover edition.

That's Why We Don't Eat Animals

The Starch Solution

Dating and Partnering for the Cruelty-Free Gal, with Fashion, Makeup & Wedding Tips

We All Love

The Routledge Handbook of Vegan Studies

World Peace Diet, the (Tenth Anniversary Edition)

Vodka Is Vegan

Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

In ever-increasing numbers, people around the world are opting for a vegan lifestyle (eating a plant-based diet and eschewing animal products such as leather), and those who do report feeling happy and healthier, with boundless energy and glowing skin among the benefits. But what happens when their love interest unapologetically orders a steak on a date?Vegan Love offers guidance on how to spread the vegan love and bring compassion for all beings into one's romantic life. Going cruelty-free need not mean alienating potential partners or long-term lovers. Author Maya Gottfried shares her experiences of going vegan and playing the vegan dating game, as well as insights by notable vegan women, both straight and LGBT, from various walks of life, including Jane Velez-Mitchell of JaneUnchained.com; Marisa Miller Wolfson of the film Vegucated; Jasmin Singer, author of Always Too Much and Never Enough; and Colleen Patrick-Goudreau of the Food for Thought podcast.Vegan Love also features a wealth of fun, practical advice about vegan makeup, vegan clothes, and vegan weddings, with a detailed resource guide.

In this mouth-watering collection of inspired and delicious dishes, renowned chef Denis Cotter takes vegetarian cooking to a new level.

In Vegan Is Love, author-illustrator Ruby Roth introduces young readers to veganism as a lifestyle of compassion and action. Broadening the scope of her popular first book That's Why We Don't Eat Animals, Roth illustrates how our daily choices ripple out locally and globally, conveying what we can do to protect animals, the environment, and people across the world. Roth explores the many opportunities we have to make ethical decisions: refusing products tested on or made from animals; avoiding sea parks, circuses, animal races, and zoos; choosing to buy organic food; and more. Roth's message is direct but sensitive, bringing into sharp focus what it means to "put our love into action." Featuring empowering back-of-the-book resources on action children can take themselves, this is the next step for adults and kids alike to create a more sustainable and compassionate world.

Vegan Is LoveHaving Heart and Taking ActionNorth Atlantic Books

Vegan Is Love

Always Too Much and Never Enough

Everyday Asian Recipes and Stories from the Heart

The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better Every Day

Everything You Need to Know to Be Healthy on a Plant-based Diet

The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life

By the Animals of Farm Sanctuary

The I Love Trader Joe's Vegetarian Cookbook

Celebrate the gorgeous and delicious possibilities of plant-based Southern cuisine. Inspired by the landscape and flavors of his childhood on the Mississippi Gulf Coast, Timothy Pakron found his heart, soul, and calling in cooking the Cajun, Creole, and southern classics of his youth based recipes, all of which substitute ingredients without sacrificing depth of flavor and reveal the secret tradition of veganism in southern cooking. Finding ways to re-create his experiences growing up in the South--making mud pies and admiring the deep pink azaleas--on the guides to creating the richest food possible. Filled with as many evocative photographs and stories as easy-to-follow recipes, Mississippi Vegan is an ode to the transporting and ethereal beauty of the food and places you love.

We can all learn how to enjoy good health naturally at any age—and it starts in our kitchens by changing how we eat. In Joyful, Delicious, Vegan: Life Without Heart Disease, Sherra Aguirre equips readers with the simplest, most effective way to prevent or reverse heart disease. African American women, who are on the front lines of the fight against heart disease, diabetes, and other chronic illnesses. In this empowering guide to healthy eating, Aguirre shares her own story of reversing hypertension and other heart disease symptoms, despite a long family history of heart disease. The effectiveness of a plant-based diet in reversing disease: and she offers up recommendations from two world-renowned cardiologists who have demonstrated results with patients for many years. Joyful, Delicious, Vegan: Life Without Heart Disease guides readers in building a diet with delicious anti-inflammatory foods and provides support for developing the habit of mindful eating. Aguirre explores ways in which choosing a vegan diet and eating consciously are compassionate acts that can positively impact many areas of our lives—and includes tips to help you get started. based on Aguirre's personal experience and the experience of others, Joyful, Delicious, Vegan: Life Without Heart Disease is a source of inspiration, encouragement, and staying power for all readers.

This wide-ranging volume explores the tension between the dietary practice of veganism and the manifestation, construction, and representation of a vegan identity in today's society. Emerging in the early 21st century, vegan studies is distinct from more familiar conceptions of a pronged field that gained prominence in the late 1990s and early 2000s, consisting of critical animal studies, human animal studies, and posthumanism. While veganism is a consideration of these modes of inquiry, it is a decidedly different entity, an ethical delineator that for more than a half-century has been a theoretical pursuit and lived experience. The Routledge Handbook of Vegan Studies is the must-have reference for the important topics, problems, and key debates in the subject area and is the first of its kind. Comprising over 30 chapters by a team of international contributors, this handbook provides an essential reading for students and researchers of vegan studies, animal studies, and environmental ethics.

"Don't miss this." --TEEN PEOPLE Mara Valentine is in control. She's a straight-A senior, a vegan, and her parents' pride and joy. She's neck-and-neck with her womanizing ex-boyfriend for number-one class ranking and plans to kick his salutatorian butt on her way out the door to Barnport all planned out, but the plan does not include having V, her slutty, pot-smoking, sixteen-year-old niece - yes, niece - come to live with her family. Nor does it involve lusting after her boss or dreaming about grilled cheese sandwiches every night. What does a control freak do when she's out of control? With insight, authenticity, and a healthy dose of humor, Carolyn Mackler creates an evolving Type A heroine that every reader will recognize - and root for.

Finding balance in life is a goal many of us strive to achieve. Whether it's through a healthy diet, exercise regimen, state of mind, relationship, or other activity (or all of the above), we spend our days trying to be, and become, our best selves. But what happens when all that for "perfect health" trumps everything else, perhaps without us even realizing it? What happens when our solution starts becoming the problem? These are questions that author and popular blogger Jordan Younger faced when she decided that her extreme, plant-based lifestyle just wasn't working. In Breaking Vegan, Jordan reveals how obsessive "healthy" dieting eventually led her to a diagnosis of orthorexia, or a focus on healthy food that involves other emotional factors and ultimately becomes dysfunctional, even dangerous. In caring for her health, Jordan discovered the power of veganism, the downfall of her desire to achieve nutritional perfection, and how she ultimately found her way to recovery. In addition to this, Jordan outlines an "anti-diet," whole-foods-based eating plan featuring more than 25 recipes to help inspire others to find similar balance and happiness. And ultimately, forging one's own path toward happiness.

Vegan Diet for Beginners

The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life

The why, the how, and everything you need to make going vegan easy

Mississippi Vegan

Down Home Classics for Vegetarians (and the Meat Eaters Who Love Them)

Reflections on a Compassionate Life

Southern Girl Meets Vegetarian Boy

Minimalist Baker's Everyday Cooking

In Yoga and Veganism, Sharon Gannon—co-creator of the renowned Jivamukti Yoga method—weaves together a compelling exploration of the intersection between the spiritual practice of yoga, physical health, care for the planet, and a peaceful coexistence with other animals and nature. Through clear and accessible language, Gannon unpacks the wisdom of the Yoga Sutras of Patanjali, one of the oldest and most revered texts focused on the philosophy of yoga, and draws a fascinating course to greater enlightenment for the contemporary practitioner. With yama, or restraint, the Yoga Sutras outline the first step on the path to spiritual liberation through five ethical principles that help guide our relationships with the world around us: Ahimsa teaches us how to avoid personal suffering through not harming others, while satya reveals how telling the truth allows us to be better listened to. Through asteya, or nonstealing, we learn the secret of wealth. Brahmacharya reveals how refraining from sexual misconduct leads to health and vitality, and finally, aparigraha opens our eyes to the ways in which greed holds us back from true happiness and is destroying the planet. Yoga and Veganism shines a light on these five guiding principles, demonstrating how the practice of yoga is tied to an ethical vegan lifestyle, which opens the path to both physical wellness and spiritual enlightenment. Featuring a selection of delicious recipes from the author along with personal essays from individuals whose lives have been transformed by veganism—including filmmaker Kip Andersen (Cowspiracy) and activist Ingrid Newkirk (president of PETA)—Yoga and Veganism provides a framework for yoga students and teachers looking to bring their asana practice into alignment with the philosophy at the heart of the discipline, as well as with the Earth around them and all of the beings within it.

Winner of a Books for a Better Life Award! Gene Baur, the cofounder and president of Farm Sanctuary, the nation's leading farm animal protection organization, knows that the key to happiness lies in aligning your beliefs with your actions. In this definitive vegan and animal-friendly lifestyle guide, he and Gene Stone, author of Forks Over Knives, explore the deeply transformative experience of visiting the sanctuary and its profound effects on people's lives. The book covers the basic tenets of Farm Sanctuary life—such as eating in harmony with your values, connecting with nature wherever you are, and reducing stress—and offers readers simple ways to incorporate these principles into their lives. Living the Farm Sanctuary Life also teaches readers how to cook and eat the Farm Sanctuary way, with 100 extraordinarily delicious recipes selected by some of the organization's greatest fans—chefs and celebrities such as Chef AJ, Chloe Coscarelli, Emily Deschanel, and Moby. Coupled with heartwarming stories of the animals that Farm Sanctuary has saved over the years, as well as advice and ideas from some of the organization's biggest supporters, Living the Farm Sanctuary Life is an inspiring, practical book for readers looking to improve their whole lives and the lives of those around them—both two- and four-legged.

A Must-Have Guide for the Smart Vegan A vegan lifestyle is the newest hot health trend—thanks in no small part to the smart, fearless, and number one New York Times bestselling Skinny Bitch books. But with so much conflicting information out there, it's not always easy to make the best choices. Now Skinny Bitch coauthor Kim Barnouin is back with a book that makes making the right vegan choice easy. In Skinny Bitch Book of Vegan Swaps, Kim Barnouin takes the mystery out of following a plant-based diet. It's a comprehensive, user-friendly guide that tells you what foods look healthy, but actually aren't, and explains how to avoid the stuff you don't want. And because Kim knows that the concerns of today's savvy eaters run the gamut from calories to carbon footprints, she explains it all. Skinny Bitch Book of Vegan Swaps offers exciting and tasty alternatives for vegans, whether you're just starting out or have been a vegan for years. Barnouin's fun, no-nonsense voice sparkles on every page and in helpful lists and features like: The Best Places for Vegans to Grocery Shop Delicious Swaps for Your Favorite Dairy Products Top Ten Things to Eat While Stranded in an Airport

Drawing from his own experiences following a vegan diet for almost twenty years and the latest research about the dangers of eating animal products, Simmons explains how eating compassionately will potentially save your life and the world.

Damaris Phillips is a southern chef in love with an ethical vegetarian. In Phillips's household, greens were made with pork, and it wasn't Sunday without fried chicken. So she had to transform the way she cooks. In Southern Girl Meets Vegetarian Boy, Phillips shares 100 recipes that embody the modern Southern kitchen: food that retains all its historic comfort and flavor, but can now be enjoyed by vegetarians and meat-lovers alike. The book features Phillips's most cherished entrees from her childhood made both with and without meat: Chicken Fried Steak becomes Chicken Fried Seitan Steak. Loaded Potato and Bacon Soup is now Loaded Potato and Facon Soup. She gives down-home side dishes a makeover by removing meat, adding international spices, and updating cooking techniques, and offers soul-satisfying, irresistible desserts that triumph over the meat-eater-versus-vegetarian divide, every time. Phillips found a way to make Southern food that everyone can enjoy, wherever they are on their culinary journey.

Life Without Heart Disease

Vegan Betrayal

The Diet of Enlightenment

Change of Heart

Did You Steal my MILK?

The Vegan Alphabet Book

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

Book 1 in the Little Vegan Books Series

That's Why We Don't Eat Animals uses colorful artwork and lively text to introduce vegetarianism and veganism to early readers (ages six to ten). Written and illustrated by Ruby Roth, the book features an endearing animal cast of pigs, turkeys, cows, quail, turtles, and dolphins. These creatures are shown in both their natural state—rooting around, bonding, nuzzling, cuddling, grooming one another, and charming each other with their family instincts and rituals—and in the terrible conditions of the factory farm. The book also describes the negative effects eating meat has on the environment. A separate section entitled “What Else Can We Do?” suggests ways children can learn more about the vegetarian and vegan lifestyles, such as:“Celebrate Thanksgiving with a vegan feast” or “Buy clothes, shoes, belts, and bags that are not made from leather or other animal skins or fur.” This compassionate, informative book offers both an entertaining read and a resource to inspire parents and children to talk about a timely, increasingly important subject. That's Why We Don't Eat Animals official website: <http://wedonteatanimals.com/>

Delightfully unfussy meatless meals from the author of Moosewood Cookbook! With The Moosewood Cookbook, Mollie Katzen changed the way a generation cooked and brought vegetarian cuisine into the mainstream. In The Heart of the Plate, she completely reinvents the vegetarian repertoire, unveiling a collection of beautiful, healthful, and unfussy dishes—her “absolutely most loved.” Her new cuisine is light, sharp, simple, and modular; her inimitable voice is as personal, helpful, clear, and funny as ever. Whether it’s a salad of kale and angel hair pasta with orange chili oil or a seasonal autumn lasagna, these dishes are celebrations of vegetables. They feature layered dishes that juxtapose colors and textures: orange rice with black beans, or tiny buttermilk corn cakes on a Peruvian potato stew. Suppers from the oven, like vegetable pizza and mushroom popover pie, are comforting but never stodgy. Burgers and savory pancakes—from eggplant Parmesan burgers to zucchini ricotta cloud cakes—make weeknight dinners fresh and exciting. “Optional Enhancements” allow cooks to customize every recipe. The Heart of the Plate is vibrantly illustrated with photographs and original watercolors by the author herself.

*Meet the bros who are making vegan sexy (and making eating animals weird) Think you could never go vegan? Think again. As this smart, funny and persuasive manifesto makes clear, you're already 90% vegan anyway. That's right--you already love animals and are slowly but surely eating less meat than you used to. With the insider tips and inspiring stories in this book, you'll be ready to go whole hog (see what we did there?) and eat vegan for good. Topics include: * How eating meat hurts your health and the planet (and is pretty close to eating your beloved pet for dinner) * A simple action plan for getting started * Don't Be an A**hole to Your Server, and other secrets for eating out * Who Cares If Honey Is Vegan?: Getting over perfectionism and purity by eating as cruelty-free as you can With a loyal online following that's growing fast, the Bros are the new face of veganism--loud, proud, and fighting for a better world, one plate at a time.*

Lose weight, increase energy, and boost your immunity—without giving up meat! "With her flexible mix-and-match plans, Dawn Jackson Blatner gives us a smart new approach to cooking and eating." --Joy Bauer, M.S., RD, CDN, "Today" show dietitian and bestselling author of Joy Bauer's Food Cures "The Flexitarian Diet is a fresh approach to eating that's balanced, smart, and completely do-able." --Ellie Krieger, host of Food Network's "Healthy Appetite" and author of The Food You Crave "Offers a comprehensive, simple-to-follow approach to flexitarian eating--the most modern, adaptable, delicious way to eat out there." --Frances Largeman-Roth, RD, senior food and nutrition editor of Health magazine "It's about time someone told consumers interested in taking control of their weight and health how to get the benefits of a vegetarian lifestyle without having to cut meat completely out of their life." --Byrd Schas, senior health producer, New Media, Lifetime Entertainment Services Introducing the flexible way to eat healthy, slim down, and feel great! "Flexitarianism" is the hot new term for healthy dieting that minimizes meat without excluding it altogether. This ingenious plan from a high-profile nutritionist shows you how to use "flexfoods" to get the necessary protein and nutrients--with just a little meat for those who crave it. As the name implies, it's all about flexibility, giving you a range of options: flexible meal plans, meat-substitute recipes, and weight loss tips. Plus: it's a great way to introduce the benefits of vegetarianism into your family's lifestyle. Enjoy these Five Flex Food Groups: Flex Food Group One: Meat Alternatives (Beans, peas, lentils, nuts, and seeds; Vegetarian versions of meats; Tofu; Eggs) Flex Food Group Two: Vegetables and Fruits Flex Food Group Three: Grains (Barley, corn, millet, oat, quinoa, rice, wheat, pasta) Flex Food Group Four: Dairy Flex Food Group Five: Natural flavor-enhancers (Spices, buttermilk ranch, chili powder, cinnamon, Italian seasoning, herbs; Fats, oils, butter spreads; Sweeteners, granulated sugars, honey, chocolate; Ketchup, mustard, salad dressing, vinegars, low-fat sour cream)

Meet Tannie Maria: She's fifty-something, short and soft (perhaps a bit too soft in the wrong places) with brown curls and untidy Afrikaans. She is also the agony aunt for the local paper, the Klein Karoo Gazette. One day, her life takes a sinister turn when a woman in the area is murdered and she becomes entangled in the investigation ... to the intense irritation of a handsome local policeman. But what else will this amateur detective uncover in a small town marinated in secrets? Warm, poignant and entertaining, Sally Andrew's delightful heroine blends together intrigue, romance and cooking in this irresistible new mystery, complete with a few mouth-watering recipes.

A Book About Vegans, Vegetarians, and All Living Things

Vegan for Life

The Heart of the Plate

Our Farm

A Guide to Living a Long, Healthy, and Successful Life

How To Go Vegan

Vegan Love

The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Contains vegetarian recipes that can all be created with ingredients from Trader Joe's, including sweet and sunny flatbread, easy eggplant pasta, and apple upside-down cake.

Julia Barcalow's Mindfulness for Vegan Children teaches mindfulness through imagery and breathing techniques that incorporate the five senses. Written with vegan families in mind, the book delivers a message of kindness and compassion toward all beings and the planet we call home. The book's melodious rhythms, vivid visualizations, and breathing exercises bring readers to a state of peace. Paired with colorful and calming illustrations, Barcalow's calming words invite readers to free their minds and focus their attention on appreciating the natural world.

New Tenth Anniversary Edition What is so simple as eating an apple? And yet, what could be more sacred or profound? Food is our most intimate and telling connection both with the natural order and with our cultural heritage. But it is increasingly clear that the choices we make about food today are leading to environmental degradation, enormous human health problems, and unimaginable cruelty toward our fellow creatures. The World Peace Diet presents the outlines of a more empowering understanding of our world, based on comprehending the far-reaching implications of our food choices. Incorporating systems theory, teachings from mythology and religions, and the human sciences, Will Tuttle offers a set of universal principles for all people of conscience, from any religious tradition, that show how we as a species can move our consciousness forward--allowing us to become more free, more intelligent, more loving, and happier in the choices we make. Since it was published in 2005, The World Peace Diet and author Will Tuttle have reached hundreds of thousands of people around the globe and created a whole new movement of people making a conscious connection with a healthful diet and cruelty-free living, and committing spiritually, psychologically, and socially to nonviolence and genuine sustainability. This tenth anniversary edition contains a new foreword, new resources (including recipes), and a study guide.

Referred to as the "Grand Prix of epidemiology" by The New York Times, this study examines more than 350 variables of health and nutrition with surveys from 6,500 adults in more than 2,500 counties across China and Taiwan, and conclusively demonstrates the link between nutrition and heart disease, diabetes, and cancer. While revealing that proper nutrition can have a dramatic effect on reducing and reversing these ailments as well as curbing obesity, this text calls into question the practices of many of the current dietary programs, such as the Atkins diet, that are widely popular in the West. The politics of nutrition and the impact of special interest groups in the creation and dissemination of public information are also discussed.

Vegan Kids Journey into Plant Based Alternatives

To Asia, with Love

Mindfulness for Vegan Children

A Tannie Maria Mystery

For The Love of Food

Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!

The China Study

Love, Lies, and Hunger in a Plants-Only World

Going vegan? Here's the go-to-guide, with a six-step transition plan to a plant-based diet, with detailed nutritional information for everyone from athletes to kids to pregnant women. Whether you're considering going vegan or just want to learn more about plant-based nutrition, Vegan for Life is your comprehensive, go-to guide for optimal healthy eating. Registered dietitians and long-time vegans Jack Norris and Virginia Messina debunk some of the most persistent myths about vegan nutrition and provide essential information about getting enough calcium and protein, finding the best supplements, and understanding the "real deal" about soy. Covering everything from a six-step transition plan to meeting protein requirements and even calorie and nutrient needs during pregnancy and breastfeeding, Vegan for Life is the guide for aspiring and veteran vegans alike, complete with an easy-to-use food chart, tasty substitutions, sample menus, and expansive resources.

Maya the cow, J.D. the piglet, Hilda the sheep, and a dozen more animals all speak directly to the reader, showing off their unique personalities in this wonderful collection of poems. Master watercolorist Robert Rahway Zakanitch provides a portrait that perfectly captures the essence of each creature. Together the poems and paintings add up to a picture of life on the friendliest farm around. Maya Gottfried based her poems on real animals from Farm Sanctuary, a safe haven for injured or abused farm animals with locations in New York and California.

One woman's journey to find herself through juicing, veganism, and love, as she went from fat to thin and from feeding her emotions to feeding her soul. From the extra pounds and unrelenting bullies that left her eating lunch alone in a bathroom stall at school to the low self-esteem that left her both physically and emotionally vulnerable to abuse, Jasmin Singer's struggle with weight defined her life. Most people think there's no such thing as a fat vegan. Most people don't realize that deep-fried tofu tastes amazing and that Oreos are, in fact, vegan. So, even after Jasmin embraced a vegan lifestyle, having discovered her passion in advocating for the rights of animals, she defied any "skinny vegan" stereotypes by getting even heavier. More importantly, she realized that her compassion for animals didn't extend to her own body, and that her low self-esteem was affecting her health. She needed a change. By committing to monthly juice fasts and a diet of whole, unprocessed foods, Jasmin lost almost a hundred pounds, gained an understanding of her destructive relationship with food, and finally realized what it means to be truly full. Told with humble humor and heartbreaking honesty, this is Jasmin's story of how she went from finding solace in a box of cheese crackers to finding peace within herself.

For bestselling cookbook author Hetty McKinnon, Asian cooking is personal. McKinnon grew up in a home filled with the aromas, sights, and sounds of her Chinese mother's cooking. These days she strives to recreate those memories for her own family--and yours--with traditional dishes prepared in non-traditional ways. It's a sumptuous collection of creative vegetarian recipes featuring pan-Asian dishes that anyone can prepare using supermarket ingredients. Readers will learn how to make their own kimchi, chilli oil, knife-cut noodles, and dumplings. They'll learn about the wonder that is rice and discover how Asian-inspired salads are the ultimate crossover food. McKinnon offers tips for stocking your modern Asian pantry and explores the role that sweetness plays in Asian cultures. Her recipes are a celebration of the exciting and delicious possibilities of modern Asian cooking--from Smashed Cucumber Salad with Tahini and Spicy Oil, and Finger-lickin' Good Edamame Beans with Fried Curry Leaves, to Springtime Rolls with Miso Kale Pesto and Tamarind Apple Crisp. Featuring big, powerful flavours created from simple, fresh ingredients, these recipes are firmly rooted in the place where east meets west and where tradition charts the journey to the modern kitchen.

A bestselling author's groundbreaking eating plan that challenges the notion that starch is unhealthy From Atkins to Dukan, the fear-mongering about carbs over the past few decades has reached a fever pitch; the mere mention of a starch-heavy food is enough to trigger a cavalcade of shame and longing. In The Starch Solution, bestselling diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, turn the notion that starch is bad for you on its head. The Starch Solution is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats. This will help you lose weight and prevent a variety of ills. Fad diets come and go, but Dr. McDougall has been a proponent of the plant-based diet for decades, and his medical credibility is unassailable. He is one of the mainstay experts cited in the bestselling and now seminal China Study--called the "Grand Prix of epidemiology" by the New York Times. But what The China Study lacks is a plan. Dr. McDougall grounds The Starch Solution in rigorous scientific fact and research, giving readers easy tools to implement these changes into their lifestyle with a 7-Day Quick Start Plan and 100 delicious recipes. This book includes testimonials from among the hundreds Dr. McDougall has received, including people who have lost more than 125 pounds in mere months as well as patients who have conquered lifethreatening illnesses such as diabetes and cardiac ailments.

35 Delicious and Easy Recipes for a New Healthy Vegan Lifestyle

Run on Plants and Discover Your Fittest, Fastest, Happiest Self

V Is for Vegan

The Happy Vegan

The Revolutionary, Scientifically Proven, Nutrition-Based Cure

A Vegan Bros Manifesto for Better Living and Not Being an A**hole

Skinny Bitch Book of Vegan Swaps

Living the Farm Sanctuary Life

The acclaimed #1 "New York Times"-bestselling author presents a spellbinding tale of a mother's tragic loss and one man's last chance at gaining salvation. Once again, Picoult mesmerizes and enthralls readers with this story of redemption, justice, and love.

This riveting book explores the philosophical roots of veganism and why some thrive and some take a tragic dive on this little-studied, non-historical diet that has captured the imagination of our youth, Hollywood celebrities, and animal lovers everywhere.

A fun and engaging rhyming book that gently addresses the emotional lives of animals and how dairy industry impacts a mother cow and her calf. "Serena deserves a constellation of stars for consistently writing picture books that capture children's attention and deliver important messages." - G. Williams, editor. Did you steal my MILK? it's both an entertaining read and a resource to inspire parents and children to talk about increasingly important subjects. - L.A., writer. It's a fun and informative short story into environmental awareness published by Save the Animals Books. • Perfect for parents wanting to educate their kids about animals, nature, and plant-based dairy alternatives. • A wonderful gift for teachers, librarians, and educators who are looking to teach about intensive animal farming and how it affects animals, ecosystems, and climate. Did you steal my MILK? is a story that speaks directly to kids showing a mother's bond with her calf and introducing veganism to early readers. The book also includes a separate section, in collaboration with Animal Equality, with "facts" about dairy industry to help parents improve their knowledge on the matter.

GOING VEGAN IS EASY! Whether you're already a full-time vegan, considering making the switch to help fight climate change or know someone who is, this book will give you all the tools you need to make the change towards a healthier, happier and more ethical lifestyle. How to Go Vegan includes... Why try vegan? Animal welfare, the environment and global warming, health benefits, spirituality, religion and your personal adventure. Vegan at home Surprisingly vegan foods, reading labels, vegan ingredient essentials, easy replacements, how to be the only vegan in the family, vegan kids and what to do about cheese! Vegan out in the world Eating out, eating at friends' houses, answering questions from loved ones, travelling vegan. Living the vegan lifestyle Meal plans, tips and tricks, what to do if you're struggling, how to celebrate being a vegan, sports, fitness and allergies. How to go vegan. It's easier than you think.

This book is both for newbies eager to explore veganism, and experienced vegans looking to expand their recipe collection. It is the perfect companion for beginners and contains easy guidelines on becoming vegan and following a sustainable clean eating diet. It will teach you everything you need to know in order to adopt the vegan lifestyle, including:* A definition of veganism and common misconceptions * Foods to avoid* Ingredients to shop for* Useful tips for cooking vegan and eating vegan when dining out* 35 Delicious and Easy recipes for clean and healthy vegan meals* Nutritional information with each recipe to help you balance your diet Much moreThe hearty and delectable meals contained in this book will introduce you to a whole new world of nutritious foods that keep you healthy, fit, and active. You will discover new recipes for breakfast, lunch, dinner, soups, salads, deserts, stews, and sides, to keep you and your loved ones well fed at any time of the day. Add these 35 exciting vegan recipes to your meal plan, and surprise your family and friends with your expanded collection of delicious vegan recipes.

A Memoir

Having Heart and Taking Action

A Book for Compassionate Little Vegans and Vegetarians

Eating for Spiritual Health and Social Harmony

On Being Vegan

Vegetarian Recipes for a New Generation

150 Delicious and Healthy Recipes Using Foods from the World's Greatest Grocery Store

Breaking Vegan

On Being Vegan is a collection of thoughtfully crafted essays that reflect Colleen Patrick-Goudreau's unique blend of passion, humor, and common sense and get to the heart of what it means to be vegan. Born out of her life-changing talks and podcast episodes, On Being Vegan is Patrick-Goudreau's sixth book.

One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life

The ABCs of Being Kind

Vegan Virgin Valentine

Recipes and Stories from a Southern Boy's Heart: A Cookbook

A Novel

The Kind Diet

Joyful, Delicious, Vegan

No Meat Athlete