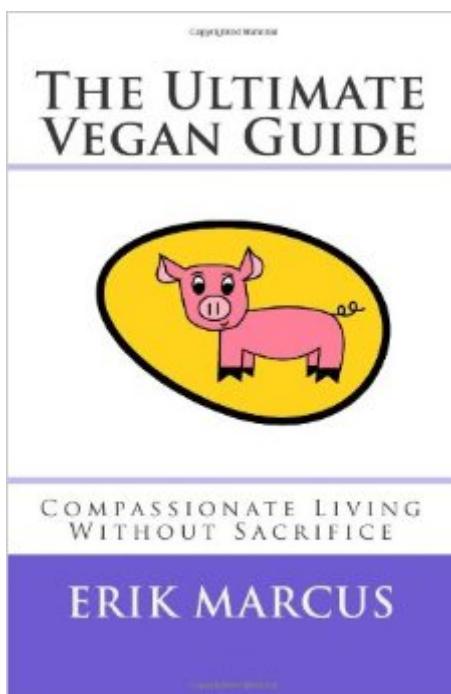


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# The Ultimate Vegan Guide: Compassionate Living Without Sacrifice (Second Edition)



## **Synopsis**

You could be the world's next vegan. It's easy if you know how, and this uniquely helpful book tells you everything you need to know. Every topic related to vegan living is covered including cooking, nutrition, food shopping, travel, dining out, and much more. You'll get clear and straightforward guidance from Erik Marcus, a vegan of twenty years and counting. Join the thousands of people who've used this book to easily and successfully transition to a vegan lifestyle. Erik Marcus is the author of Vegan: The New Ethics of Eating, Meat Market: Animals, Ethics, & Money, and A Vegan History: 1944-2010.

## **Book Information**

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## **Customer Reviews**

I'm halfway through the book The Ultimate Vegan Guide. I've been a junk food vegetarian for ten years, and this book is amazing. I think it might be ridiculous, almost, to compare it to Diet for a New America, but it is great! I got it with the Kindle App for Chrome, so it is really my first ebook purchase, and a steal at only \$1. I'm glad I didn't have to spend money on the stupid Kindle. I'm a Linux user, and I don't like closed standards. I wonder if they will delete my review for criticizing the Kindle. The book is like a good friend, who sits down with you for hours and patiently explains his hobby to you, helping you out with every detail, answering all your questions, listening to your fears, and telling you how he felt, with candor and sympathy and patience. I've never seen anything like it, before, and maybe I won't since. I enjoyed his other book Vegan: The new ethics of eating. In it, he came across as an intellectual, college educated and trying to prove a point and make a statement. With this book, it is like he is opening up much more and he comes across as a regular person, who

has to shop and goes to restaurants and is disappointed with certain things and happy with other things. It is these little details that are missing from other vegan books. They are almost like they are written with a formula or an outline, rather than just written from the heart, so to speak. I think this book may change my life. Being a vegetarian who eats whatever gunk is out there, and then moving towards eating healthy will be good. Also, there seems to be something in all the lousy vegetarian stuff I eat, the dairy and eggs that affects my mind and my mental state. It is like I feel safer eating vegan, though that seems like a strange thing to write.

The Ultimate Vegan Guide: Compassionate Living Without Sacrifice

Three months ago I was attending a professional conference at a university campus when a young man handed me a booklet titled "Even If You like Meat .. You Can Help End This Cruelty" from Vegan Outreach. The booklet had pictures and stories of factory farming and the cruelty and suffering that the animals are put through so we can eat them. It also gave suggestions to eat other foods and go vegetarian. I have to say that I've enjoyed my chicken in all forms, bacon, ham and beef in every fashion imaginable. However, after reading the booklet and doing some simple research online I decided that I wouldn't eat meat, eggs or dairy if the animals had to suffer. My innocent meat eating, egg and milk beliefs were shattered. I guess I thought those happy cows in California that talk were real. I didn't know much real dairy cows were suffering. It gives me the shivers every time I think about pigs being dropped into boiling water while still alive. The screams are echoing in my thoughts like a distant nightmare. That was three months ago and I really wish that the Erik Marcus book "The Ultimate Vegan Guide" had been available as it would have saved me lots of money and time looking for information on how to get meat, dairy and eggs out of my diet. I bought and read "Becoming Vegan" by Brenda Davis and Vesanto Melina but that book reads like a nutrition textbook full of scientific jargon and nutritional analysis. I felt frustrated on how to get started. There are lots of websites, but the information is scattered and often on a specific topic.

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