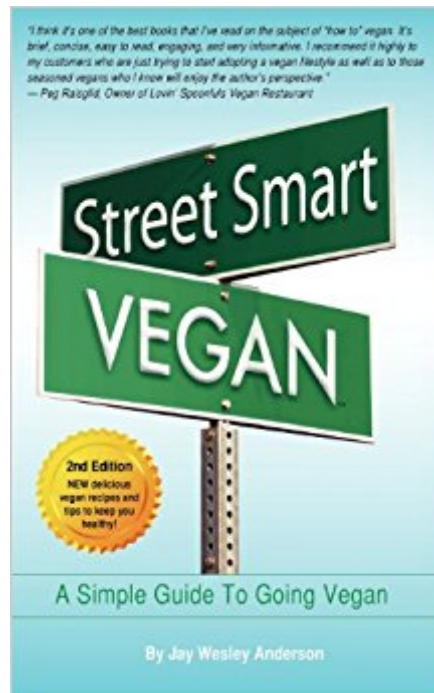




The book was found

Street Smart Vegan: A Simple Guide To Going Vegan



Synopsis

Discover what every vegan should know in *Street Smart Vegan: A Simple Guide To Going Vegan*. This second edition delivers more vegan tips and easy vegan recipes to keep you healthy. You will learn about consuming cruelty-free, cholesterol-free foods that leave no taste bud wanting while experiencing the joy of minimizing your eco-footprint. *Street Smart Vegan* helps you eliminate the guesswork, uncertainty and misinformation about the vegan lifestyle. Vegan author Jay Wesley Anderson helps new vegans go vegan and vegetarians become totally vegan. He holds a degree in Environmental Policy with a minor in Anthropology and began his gradual vegan lifestyle detour in 2005.

Book Information

Paperback: 148 pages

Publisher: Brevity Holdings LLC (April 6, 2012)

Language: English

ISBN-10: 0982498535

ISBN-13: 978-0982498538

Product Dimensions: 5 x 0.3 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 7 customer reviews

Best Sellers Rank: #788,752 in Books (See Top 100 in Books) #142 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #1739 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #2432 in Books > Science & Math > Environment > Environmentalism

Customer Reviews

"As someone considering going vegan, Jay's book contains the knowledge every new vegan should know to build a solid foundation for better health and a more compassionate planet." --Andrew Thompson
"Just finished this book...good read and it was loaded with useful information. Loved the recipes." --Mandy Romijn
"This is a gem of a book: full of information and insights about how and why to be vegan - and a really fun read! Highly recommended for everyone who eats." --Bridget Clarke
--This text refers to the Perfect Paperback edition.

Vegan author Jay Wesley Anderson helps new vegans go vegan and vegetarians become totally vegan. He holds a degree in Environmental Policy with a minor in Anthropology and began his

gradual vegan lifestyle detour in 2005. --This text refers to the Perfect Paperback edition.

I am finding switching over to vegan is much earlier than I had previously found. It is also nice to read inspiring quotes. I wish "animal people " weren't looked down on as being so radical/angry/annoying. I don't want to be a part of this cruelty or support the greedy pigs who control factory farms.

Very interesting reading and quick facts that introduced easy ways to begin eating smarter and healthier. I enjoyed the authors candor!

Excellent service, fast & very good packed. the book is excellent, it was in a very good shape. clean and i enjoyed it.

A wonderful book chocked full of facts and information sure to persuade anyone to become a vegan. Anderson includes facts about dairy, organics, meat, and other foods. There is a small section about myths, and myth busters! Are you sure what you're reading online and in news articles is all, completely true? In the very beginning of the book, Anderson talks about what a vegan is, and why one should become one. Even if you are not necessarily interested in becoming a vegan, getting this book, and taking a quick read through it might open your eyes to the truth about meat and other foods coming from animals. Definitely recommended for anyone interested in becoming a vegan, (recipes are included!) or anyone that wants to learn more about how getting on the 'vegan bus' will help you!! I would like to thank the author for providing this book in exchange for an honest and unbiased review.

This book has a ton of great information not only on going vegan but also on eating right. Jay Wesley Anderson does a great job of showing the benefits of the vegan lifestyle without preaching to the readers. He outlines the dangers of chlorine, fluoride, high fructose corn syrup and aspartame as well as the problems with dairy and meat. Not to mention he backs up all his claims with hard evidence. The best part about this book was that it was easy to read and even though there is a lot of information packed into the pages it doesn't feel overwhelming. The only negative thing about this book is that it has some editorial errors. There's a few places where words are doubled up or misplaced. A few years ago I was having some digestive problems and cut meat out of my diet for about 6 months. During that time I felt better and seemed to have more energy. I have been toying

with the idea of becoming a vegan for some time now and this book gave me a few more reasons to give it try. I think I just found another new years resolution.I got to read this book for free compliments of Story Cartel.

I'm not actually a vegan, or even planning to be one, but I am someone who wants to eat clean, green and healthy, and incorporate as much plant based food into my diet as is possible and practical. So when I got the chance to receive a copy of this book free in return for an honest review, it seemed like a good chance to explore the subject further.As such this was a great book for me, both from the point of view of educating me as to the importance of eating clean and giving me practical tips on how to do so. Recommend it for anyone wanting to become vegan, or just move further in that direction.Veganism is a restrictive diet, but you come out of reading this book feeling like it's a realistic goal. If you just want to improve your nutrition and general health and learn more about keeping your body as toxin free as possible, it's also a good investment.

This book is a fantastic reference book for people who are looking to dabble in veganism or for people who are vegetarians looking to take their diet to the next level of clean eating. The author's layout is easy-to-use, the recipes are easy-to-follow and the author has realistic expectations about changing your current diet to a healthier one. The book is a step-by-step guide and I would recommend it to anyone who is curious or committed to making healthy changes.

[Download to continue reading...](#)

Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Street Smart Vegan: A Simple Guide To Going Vegan Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Activities Keep Me Going and Going, Volume A (Activities Keep Me Going & Going) Vegan for

Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot
Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for
Beginners 1) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health,
Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie
Recipes) (Volume 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes
(Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan
bodybuilding, Cast Iron,) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your
Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb,
Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan
Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan
Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: 365 Days of Vegan Recipes
(Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A
Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow
Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) The Ultimate
Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan
Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Fruitysimon
ebook - 100+ Easy Vegan Recipes, Tips and Insights from a 16 y.o. vegan-boy (Wholefoods
Plantbased Diet Guide): Vegan recipes and guide by 16 y.o. vegan-boy Vegan Diet: Easily Get a
Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success
Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan: Vegan
Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free,
Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan: How
To Start A Vegan Diet, The Basics Of Vegan Eating, Weight Loss, And Muscle Building
(Plant-Based, Fitness, Beginner Vegan, Cookbook, Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)