

LIVING VEGAN FOR DUMMIES



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From Living Vegan For Dummies. By Alexandra Jamieson . Adopting a vegan lifestyle is definitely rewarding, but it s not without challenges especially in the beginning. While you re still getting used to this new diet and lifestyle, you can definitely benefit from some help.

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Living Vegan for Dummies by Alex Jamieson Goodreads

This book was created for someone thinking about going Vegan and concerned about finding nutrition from a Vegan dietwhich was me. I can say that after reading this book I have made the transition into eating a Vegan diet (which I realize is only a portion of what living vegan actually means).

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