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The word 'vegan' is still a dirty word to some. For many people, it evokes a sense of superiority, aggressiveness, judgement, and smugness which is precisely why these books about veganism are

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The 40 Best Vegan Books You Must Get Your Nutriciously

We've gotten an incredible amount of questions around vegan nutrition, ethics, treating diseases, and getting kids on board that we thought it was about time to put together a list of the best vegan books out there! Because honestly, we couldn't cover all of this great information on our blog though we're still working on it.

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10 Must Read Veg Books vegnews.com

A. Breeze Harper beautifully ties a number of social justice issues together in her debut book, Sistah Vegan. Not only are food politics addressed, Harper also explores how identity, feminism, anti-racism, eco-sustainability, sexuality, decolonization, animal rights, and more play into the vegan experience in America.

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The best vegan books provide a wealth of information that can help you to be better informed and make better decisions when it comes to your lifestyle. In this post, you will find the top recommended books about veganism, these are the 6 best vegan books that we have read. Give them a read to get ideas, stay motivated, and learn more about eating vegan foods.

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The book explains in plain terms how a plant-based diet is the strongest tool we have against disease and illness. It is easy to read and will completely change how you think about food.

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12 Incredible Books That Every Vegan Should Read This

Becoming Vegan: A Complete Reference to Plant-Based Nutrition by Brenda Davis and Vesanto Melina This book provides a comprehensive look at vegan nutrition, detailing the plethora of health benefits associated with a plant-based diet and the best ways to obtain key nutrients.

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A little reading can make the difference between being a moderately successful vegan advocate, and one who creates change at every turn. Here are the best books to get started. The Animal Activist s Handbook , by Ball and Friedrich

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