



Vegan (Go Stay) Manual: Vegan Lifestyle Guidelines (Paperback)

By Anne Peterson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.QUICK GUIDE to VEGAN DIET LIFESTYLE - PRACTICAL MANUAL THAT WILL ASSIST YOUR GOING STAYING VEGAN Author who surprised readership with Golfing guide for the beginners Lifesaving ABC Golf Instruction is coming with even bigger surprise. Switching to Vegan diet almost three decades ago, Mrs. Peterson grow more and more passionate about Vegan lifestyle, promoting it and assisting others in various matters connected to Vegan diet and lifestyle. Anne has managed to channel three decades of experience in this short, practical and easy to use form. This manual is filled with great looking photographs that add to smooth mood of this manual. WARNING: THIS is NOT a cookbook - if you are looking for a collection of recipes and nothing else, you probably do not want this book. HOWEVER - VEGAN (Go Stay) Manual will definitely enthuse your (Vegan cooking) creativity and ideas plus it will do for you so much more. Offering down to earth guidelines, practical information and advice focused on health and well-being, Anne Peterson is avoiding all fluff, philosophical approaches and...



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