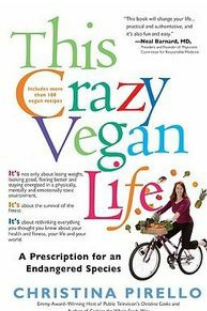


THIS CRAZY VEGAN LIFE: A PRESCRIPTION FOR AN ENDANGERED SPECIES

An introduction to the vegan lifestyle emphasizes the benefits of animal-free alternatives and the health value of eating whole and organic foods, furnishing a complete nutrition and fitness plan, sample menus, and more than one hundred delicious and easy recipes.

Title: This Crazy Vegan Life
Author: Pirello, Christina
Publisher: Penguin Group USA
Publication Date: 2008/12/02
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This Crazy Vegan Life: A Prescription for an Endangered Species

Author	Christina Pirello
Original Book Format	Paperback
Number of Pages	336 pages
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Filesize	8.20 MB

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Reader's Opinions

I like Christina Pirello a lot. I wanted more recipes and more her personal journey.

I found Pirello's voice wavered between chipper and condescending - she's a true believer and though she couches her arguments for veganism in an upbeat aerobics-instructor-type tone, make no mistake, she wants you to know she thinks her plan will...