



The Complete Idiot's Guide to Vegan Living

Beverly Lynn Bennett, Ray Sammartano

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The definitive book on becoming a vegan?with recipes included.

Becoming a vegan isn't just about giving up animal products. It's about making a lifestyle change. In *The Complete Idiot's Guide to Vegan Living*, authors Beverly Lynn Bennett (known as the Vegan Chef) and Ray Sammartano provide a complete guide to living vegan- style, focusing on compassion for all, good health, and great eating. Inside, readers will find 50 sensational recipes, tips for everyday vegan living, the lowdown on vegan myths, and much more.

-One of the few titles that combines information on the vegan lifestyle with recipes

-Being a vegan isn't only about what you eat; this book also discusses clothing, cosmetics, etc.

-Author is a renowned vegan chef

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