



**The Book of Veganish: The Ultimate Guide to
Easing Into a Plant-Based, Cruelty-Free,
Awesomely Delicious Way to Eat, with 70 Easy
Recipes Anyone Can Make**

Kathy Freston, Rachel Cohn

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The Book of Veganish: The Ultimate Guide to Easing Into a Plant-Based, Cruelty-Free, Awesomely Delicious Way to Eat, with 70 Easy Recipes Anyone Can Make

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Bestselling authors Kathy Freston and Rachel Cohn join together to create a toolbox of resources to aid socially aware teens and young adults interested in adopting a vegan lifestyle.

The Book of Veganish contains everything curious young adults need to help them navigate through the transition to a vegan lifestyle. The 50-plus simple recipes are perfect for those with tight budgets and rudimentary cooking tools (and skills). Filled with insights on the benefits of adopting a plant-based diet and how to best deal with parents and the rest of the nonvegan world, *The Book of Veganish* will allow existing and aspiring vegans to feel confident about their new lifestyle choices.

From the Trade Paperback edition.

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From reader reviews:

Jaime Leflore:

People live in this new day time of lifestyle always make an effort to and must have the time or they will get lots of stress from both everyday life and work. So , once we ask do people have extra time, we will say absolutely sure. People is human not a robot. Then we request again, what kind of activity have you got when the spare time coming to you of course your answer may unlimited right. Then do you try this one, reading textbooks. It can be your alternative inside spending your spare time, the book you have read is actually The Book of Veganish: The Ultimate Guide to Easing Into a Plant-Based, Cruelty-Free, Awesomely Delicious Way to Eat, with 70 Easy Recipes Anyone Can Make.

Scott Roche:

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