



**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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**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.

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