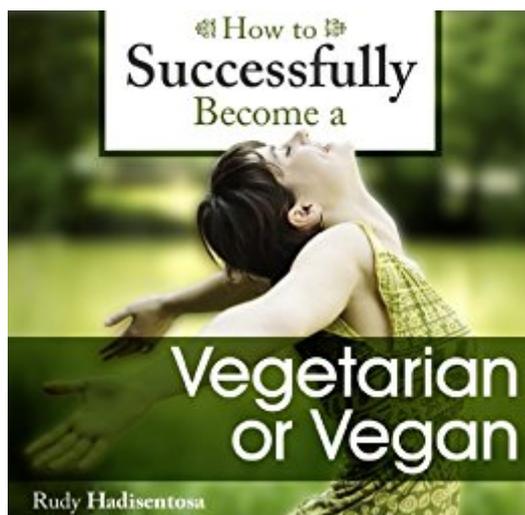


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# How To Successfully Become A Vegetarian Or Vegan



## Synopsis

Do you want to live Healthier and Save the Earth at the same time ? Becoming a Vegetarian is one of the best ways to get your health in check, and contributing a very green lifestyle to the planet. Meat industry is the biggest polluter of CO2 in the world, even if the automobiles, ships, and airplanes pollution are combined. Discover the Truth of animal farming , and what kind of meat you are eating every day. Human body is not designed to eat meat like carnivore animals because our body system is more tending to fruits and vegetable. We cant process meat fast enough in our stomach without it rotting inside, unlike carnivore animals that have strong enzymes to do it. And Meat industry is the biggest polluter in the world, with every pound of meat produced, the destruction of earth resources is so great. Water, agriculture harvests, lands, forests cleared, etc etc So lets be kind to ourselves, then we can save others & the mother earth Learn more how you can get your health in check & save the planet for future generations :) . So we can look into our children / grand children in the eyes and not say " I'm sorry i destroyed the earth " This book will help you to become a Vegetarian or Vegan successfully ! Even if You Think It's Too Hard !! Even if You Have Tried & Failed Before !! P.S If an alien race coming to earth and believing that they were superior to humans. We would be nothing to them "much the same way as we look at cows, pigs, and chickens" so they would very likely think, "These humans are a low, primitive species. We can do whatever we want to them since they can't fight back. We have complete control over them." • If these aliens were not vegetarians, there would be nothing to stop them from herding us into pens, cutting off our feet and hands so that we couldn't run or fight back, kill us in slaughterhouses, and then eat us for food. Let's be honest; we taste great! So, they would kill millions of us every day, cut us up into steaks and chops, store the meat, and sell it to each other in little white, plastic wrapped packages. It's a horrible, horrible thought. Yet this is exactly the way we treat animals right now, because we believe we are superior to them and we have better technology. But is this really the right way ?

## Book Information

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## Customer Reviews

I am about 60% of the way through this book and I love it. I love the non judgmental tone of the book and it has loads of easy to understand nutritional information. It is the best resource I have found since I decided that I wanted to go vegetarian. I am making this change primarily for my health and the health of my family but most of the info I found on the web was about "saving the poor animals". That's all well and good but not what I was looking for. While this book touches on the animal and environmental issues involved w/ being a vegetarian it is in a simple "here's the info" non judgmental sort of way. I will probably turn around and completely reread this book when I am done. I can tell this book will be an excellent resource for me as I embark on my journey. I love the advice on what to do when you are out to eat and how to respond to friends and family that think you are nuts. All around a great book. Reads like talking to a knowledgeable friend. Thank you for such a well written book. I will recommend it whenever I can!!

Full of solid nutritional and environmental information, this book will help you make the change. You can go all the way or partway -- this author doesn't judge. His tone is friendly and helpful throughout. I really got the impression that this was written to me, personally, by a friend. I recommend this book. You may still want to get a cookbook (my favorite is Vegetarian Cooking for Everyone by Deborah Madison), but this will get you started down a path that will improve your life, save some animals, and slow pollution.

I ask, would I have paid \$10 for it? Probably not, because it is written as a quick, hard hitting introduction on the benefits on becoming a plant eater, thus it is a short read. However, I was

pleasantly surprised at how well the book was written. Ms Hadisentosa is a very good writer and makes things concise, easy to understand, and compelling. I have been flirting with the idea of a meatless diet for years and was already 'jumping off the fence' on the right side, this book helped me reach the ground quicker. I have now been a vegan for one month and have not looked back!

I think this is a really good little book if you are brand new to being a Vegetarian or Vegan, but there isn't anything new presented in the book. It is all information most people already know whom have looked into plant based diets.

I came accross this book when I was starting to think about becoming vegetarian. This books cover all aspects of becoming a vegetarian, not only why to do it, but how to and how to make sure the change is for real. It also addresses how to deal with people's questions and comments. I really appreciate Rudy writing this book and I have shared it with a couple of people. I recommend getting this book

This book appears to be written by a knowledgable person because of the extent of information and topics, but it's filled with grammatical errors throughout--this is why I gave it 4 stars, not 5. Aside from the errors, (maybe from lack of using a professional editor?) the content itself was amazing. It has actual statistics/numbers; the basic origin and progression of vegetarianism/veganism along with info on some of the pioneer proponents; in depth information on our design compared to actual meat eating creatures (such as lions, tigers) explaining why humans just weren't designed, as commonly thought, to eat animal products but rather live on a plant-based diet; the introduction of factory farming; as well as the USDA's introduction with their agribusiness-supported food pyramid and the misguided influence it has had on our society ever since. It also has some easier recipes for new vegetarians/vegans, basic foods and food groups to stock up on and it actually goes in depth pretty decently on nutrition; vitamins and their uses/needs and where to get them in your diet and what to keep an eye on in order to reduce the risk of vitamin deficiency (mostly for a vegan diet), etc. There's lots more that I found useful and interesting, and for \$.99, it's definitely worth it! If you're new to the veg lifestyle, please add this to your reading list! :)

If you are thinking of becoming vegetarian or vegan or are in the early stages of transitioning to a plant based diet, this book is perfect to get you on your way. I love how she asks you to explore the reasons why you want to go to go vegetarian / vegan then proceeds with helpful tips for transitioning

to a plant based diet.

Even if you do not plan on becoming a vegetarian this is a great read for anyone in understanding vegetarian and vegan eating. some information was disturbing but not dwelled on. Extremely helpful on how easy, healthy, environmentally friendly and nutritional a vegan lifestyle can be.

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