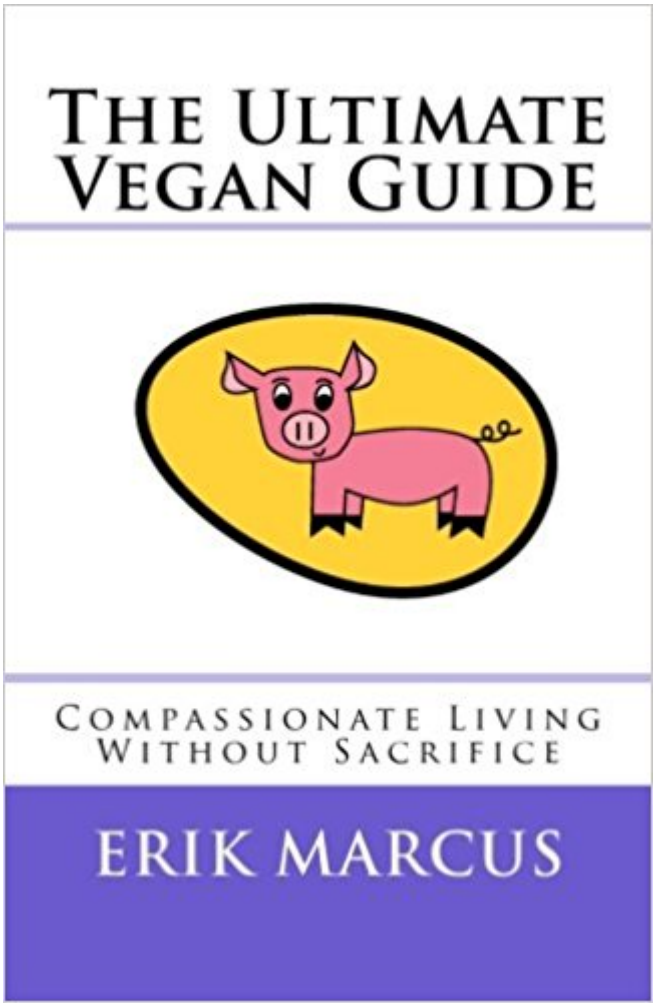
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The Ultimate Vegan Guide: Compassionate Living Without Sacrifice (Second Edition)



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Synopsis

You could be the world's next vegan. It's easy if you know how, and this uniquely helpful book tells you everything you need to know. Every topic related to vegan living is covered including cooking, nutrition, food shopping, travel, dining out, and much more. You'll get clear and straightforward guidance from Erik Marcus, a vegan of twenty years and counting. Join the thousands of people who've used this book to easily and successfully transition to a vegan lifestyle. Erik Marcus is the author of Vegan: The New Ethics of Eating, Meat Market: Animals, Ethics, & Money, and A Vegan History: 1944-2010.

Book Information

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Customer Reviews

Thinking of going vegan? The Ultimate Vegan Guide has the information you need. Let Erik Marcus take you by the hand and show you the way. And to make an even bigger difference for animals, don't forget to read his far-sighted chapter on activism for animals. --Peter Singer, author, Animal Liberation --This text refers to the Kindle Edition edition.

A complete, current, and entertaining guide to becoming vegan. --This text refers to the Kindle Edition edition.

WONDERFUL.I'm just starting to be vegan and I have had many times when I have been tempted by my friends or family to cheat. Without this book I don't know if I would have been able to do it. He tells you about frustrations that I have had and I'm sure that everyone trying to make the switch is

going to have, but he tells you how to fix them. He tells you what books that he found helpful and what ones he did not. Not only does it include recipes and tips on how to 'crowd out' old food it gives you more than enough REASONS to stay vegan which I think is the most important of all.It has a lot of facts, but is very opinion based. This does not discredit what he says to the slightest. He gives you websites that turned out to be extremely helpful and also advises you to go out of the little box that we all have to branch out and to try different things to help with the sense of loss. He also explains how to eat organic and healthy without breaking the bank which turned out to be very, very helpful to me (I used to be a very committed Walmart shopper, but now I know that it is not the best place to do my main grocery shopping).Overall this book was amazing, it kept my interest, and it was educational. I would recommend this book one hundred times over to anyone (even people who don't plan on becoming vegan) and you can't beat the price.

Author ate meat until he was 19/20 & has been a vegan for over 20 years now!! Covers all aspects of starting a vegan lifestyle from a little history to social media & other outreach efforts, from core foods to snacks, from shopping at farmers' market to natural food store & from online shopping like to occasional trips to traditional supermarkets. Also covers how to cook & a lot of sources of information like books & web & authors to support in lifestyle. Completed the book in one seating. Also, it's free to read on website & $0.99 on kindle version. Highly recommended!!

This book is a great value for the money considering all the information. I was a little skeptical given the low price, but was very satisfied.The book is separated into many small chapters ranging from everything to why you would want to become a vegan to how to shop and things to keep in mind as you transition into a vegan diet and lifestyle. I found the arrangement of the chapters to be actually pretty straight-forward and it gives the book an overall flow so that you don't get lost or get off track.While I shook my head a few times reading when the author described how easy the process would be, I really appreciated that someone who's followed the lifestyle for so long could still keep in mind what a person just thinking or beginning the lifestyle would be encountering and struggling with. I've been vegetarian for about 2 years and will probably ease into the vegan lifestyle in the next year. This book is definitely a help and makes me feel confident that not only could I do it and now I have a plan and some paths on that journey, but that I should also be more confident and vocal to others about the choice and why it is the right one.If you've at all been intimidated by what is involved or would like a confidence booster in moving towards an animal-free diet and lifestyle, pick this up and give it a read. It's loaded with not only great info, but I found the mindset the author

adopts in expanding what you can eat instead of focusing on what you're cutting out definitely made me more positive about the changes.

I found this book to be really informative and at an amazing price! The writer was passionate bout veganism and gave pointers to making a transition to this lifestyle. Lots of tools and ideas to help make the process smoother, because this is a major decision and commitment. I'm already a vegetarian, have a love of eggs and cheese....it seems that the chickens and dairy cows providing for this industry though are the animals that really have it the worst. I don't want to support that, even though I do love eggs and cheese. This book helped me see that. (along with a few suggested movies, by the author). If your even considering going vegan, check this book out!

Fabulous book of tips for those who are interested in trying out the vegan lifestyle. I loved it. Well written, authoritative, and clear. Answers all your questions and even some you never thought to ask. Tips on top food substitutes, overcoming barriers, eating out, as well as the WHY of being vegan. He has a great, positive approach that has nothing to do with depriving yourself and everything to do with trying out new foods, embarking on a walkabout where you sample the cornucopia of delicious vegan dishes and foods. I tried it and it feels so morally satisfying to not eat other animals. He makes the transition seamless. A very positive and important book, I recommend it as an ebook, lightweight and easy to refer back to.

If yiu need arguments on whybyou should become a Vegan, this is your book. It is very well written from that point of view. But here are a few reasons I felt short-changed. There is only one receipe, the authors favorite. Although he does promote a friend's book with lots of them. The author is so knowledgeable on this subject he assumes his readers are equally knowledgeable when it comes to vocabulary. It would have taken seconds to explain words such as tamari, or tunimi. (I am guessing as to the spelling.) I had to visit dictionary.com more than once. I would have appreciated a chapter on supermarket shopping. But perhaps the biggest drawback was there was not a word relating to diabetes. I still don't know if vegan and diabetes are compatible. I seldom give only three stars to a book I read from cover to cover.

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