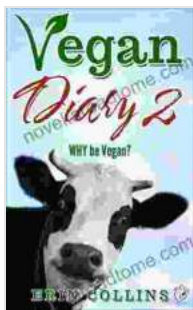


# Vegan Diary: Why Be Vegan?

## The Ultimate Guide to the Vegan Lifestyle

Are you curious about veganism? Wondering what the benefits are and how to get started? *Vegan Diary: Why Be Vegan?* is the perfect book for you. This comprehensive guide covers everything you need to know about veganism, from the ethical reasons to the health benefits to the practical tips for making the switch.



### **Vegan Diary 2: Why Be Vegan?** by Erin Collins

★★★★★ 5 out of 5

Language : English  
File size : 2485 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 38 pages  
Lending : Enabled



In this book, you'll learn:

- The ethical reasons for going vegan
- The health benefits of a vegan diet
- How to make the switch to a vegan lifestyle
- Tips for eating out, traveling, and staying vegan
- And much more!

Whether you're a complete newbie to veganism or you're just looking to learn more, *Vegan Diary: Why Be Vegan?* is the perfect resource. This book is packed with information, tips, and inspiration to help you make the switch to a vegan lifestyle.

### **Free Download Your Copy Today!**

*Vegan Diary: Why Be Vegan?* is available now in paperback and ebook formats. Free Download your copy today and start your journey to a healthier, more compassionate, and sustainable life.

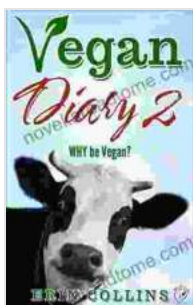


## Praise for Vegan Diary: Why Be Vegan?

"Vegan Diary: Why Be Vegan? is a must-read for anyone who is curious about veganism. This book is packed with information, tips, and inspiration to help you make the switch to a vegan lifestyle." - **Dr. Neal Barnard, President of the Physicians Committee for Responsible Medicine**

"As a vegan for over 20 years, I've seen firsthand the amazing benefits of a plant-based diet. *Vegan Diary: Why Be Vegan?* provides a comprehensive overview of the ethical, health, and environmental reasons to go vegan. This book is a valuable resource for anyone who is considering making the switch." - **Kathy Freston, New York Times bestselling author of *Veganist***

"*Vegan Diary: Why Be Vegan?* is a timely and important book. This book provides a clear and concise overview of the vegan lifestyle, and it makes a compelling case for why more people should consider adopting it." - **James Aspey, Founder and Executive Director of Vegan Outreach**



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