

Vegan Is Love Having Heart And Taking Action

Damaris Phillips is a southern chef in love with an ethical vegetarian. In Phillips's household, greens were made with pork, and it wasn't Sunday without fried chicken. So she had to transform the way she cooks. In *Southern Girl Meets Vegetarian Boy*, Phillips shares 100 recipes that embody the modern Southern kitchen: food that retains all its historic comfort and flavor, but can now be enjoyed by vegetarians and meat-lovers alike. The book features Phillips's most cherished entrees from her childhood made both with and without meat: Chicken Fried Steak becomes Chicken Fried Seitan Steak. Loaded Potato and Bacon Soup is now Loaded Potato and Facon Soup. She gives down-home side dishes a makeover by removing meat, adding international spices, and updating cooking techniques, and offers soul-satisfying, irresistible desserts that triumph over the meat-eater-versus-vegetarian divide, every time. Phillips found a way to make Southern food that everyone can enjoy, wherever they are on their culinary journey.

After centuries alone, can a vampire king trust the woman who's woken his heart? Jordan MacDougal, laird and vampire King, walks a thin line of civility between protecting his clan, and handling the conflict from the local shifter pack. When some of his people disappear, and the wolves accuse his newest, intriguing vampire of being evil, Jordan discovers that the traitor in his midst may be closer than he dared believe. A newly turned vampire, Dalia Jensen wakes to an unusual and frightening new world, with no memory of the past year of her life. Accused of working with the Master Vampire who held her prisoner, her inability to remember the truth leaves her reeling under allegations of vicious past actions. Uncertain of her culpability, she's unable to trust her own instincts as the reigning Vampire King turns her world upside down. When the wolves call for her trial, demanding her life for those killed and tortured, Jordan and Dalia must work together to find the truth, and save the love blooming between them. Praise for Amber Kallyn "Ms. Kallyn takes the paranormal world and adds a dangerous twist of dragons, fires, and a mysterious past to make this an intense read..." ~ Coffee Time Romance "if it is at all possible for a dragon to become stronger or more alpha in general then Ms Kallyn has managed it..." ~ The Romance Studio "intense and incendiary..." ~ Whipped Cream Reviews Miss watching Moonlight? Love The Vampire Diaries? Hungerstorm will take you on a thrilling ride of love and justice. And if you like your paranormal romance HOT, HOT, HOT, check out Amber Kallyn's 5 STAR Reviewed erotic romances ~ Dragos Series, Book 1: Burned What happens when a dragon falls in love with a fireman? Someone's bound to get... burned. ~ Red's Wolf An incendiary short story series. Who said Red's afraid of the big bad wolf?

A founder of an organization dedicated to promoting the compassionate treatment of animals and combating factory farming addresses key questions about the ethics of breeding animals for food, exposing inhumane practices utilized by typical food-production companies. Reprint. 25,000 first printing.

For bestselling cookbook author Hetty McKinnon, Asian cooking is personal. McKinnon grew up in a home filled with the aromas, sights, and sounds of her Chinese mother's cooking. These days she strives to recreate those memories for her own family--and yours--with traditional dishes prepared in non-traditional ways. It's a sumptuous collection of creative vegetarian recipes featuring pan-Asian dishes that anyone can prepare using supermarket ingredients. Readers will learn how to make their own kimchi, chilli oil, knife-cut noodles, and dumplings. They'll learn about the wonder that is rice and discover how Asian-inspired salads are the ultimate crossover food. McKinnon offers tips for stocking your modern Asian pantry and explores the role that sweetness plays in Asian cultures. Her recipes are a celebration of the exciting and delicious possibilities of modern Asian cooking--from Smashed Cucumber Salad with Tahini and Spicy Oil, and Finger-lickin' Good Edamame Beans with Fried Curry Leaves, to Springtime Rolls with Miso Kale Pesto and Tamarind Apple Crisp. Featuring big,

powerful flavours created from simple, fresh ingredients, these recipes are firmly rooted in the place where east meets west and where tradition charts the journey to the modern kitchen. Feeling unwell and looking for a diet to cleanse your body and get your health back? If your answer is yes, the raw vegan diet may just be what you are looking for. A raw vegan diet basically means consuming a diet comprising of fresh, whole, unrefined, and plant-based foods. You will be consuming the food in its natural state, that is, without any cooking or steaming. Even if you do cook your food, it will only be heated up to a low temperature. People on the raw vegan diet believe that heating the food above a certain temperature causes them to lose its enzymes, and thus, its nutritional value. To get the best out of food, raw fooders or raw vegans, as they are often called, prefer eating their plant foods in a state which is completely raw, retaining all its nutrition. So, what exactly is the raw vegan diet? What are the foods that you can consume while on this diet? What are its benefits? Is it really good for you and should you give it a try? Read on to make an informed decision on whether you should try this diet or not.

We can all learn how to enjoy good health naturally at any age—and it starts in our kitchens by changing how we eat. In *Joyful, Delicious, Vegan: Life Without Heart Disease*, Sherra Aguirre equips readers with the simplest, most effective way to prevent or reverse heart disease, our number one killer here in the US—especially for African American women, who are on the front lines of the fight against heart disease, diabetes, and other chronic illnesses. In this empowering guide to healthy eating, Aguirre shares her own story of reversing hypertension and other heart disease symptoms, despite a long family history; she presents current knowledge about the effectiveness of a plant-based diet in reversing disease; and she offers up recommendations from two world-renowned cardiologists who have demonstrated results with patients for many years. *Joyful, Delicious, Vegan: Life Without Heart Disease* guides readers in building a simple food plan around their particular needs with delicious anti-inflammatory foods and provides support for developing the habit of mindful eating. Aguirre explores ways in which choosing a vegan diet and eating consciously are compassionate acts that can positively impact many areas of our lives—and includes tips to help readers sustain results. Full of tips for success based on Aguirre's personal experience and the experience of others, *Joyful, Delicious, Vegan: Life Without Heart Disease* is a source of inspiration, encouragement, and staying power for all readers.

Julia Barcalow's *Mindfulness for Vegan Children* teaches mindfulness through imagery and breathing techniques that incorporate the five senses. Written with vegan families in mind, the book delivers a message of kindness and compassion toward all beings and the planet we call home. The book's melodious rhythms, vivid visualizations, and breathing exercises bring readers to a state of peace. Paired with colorful and calming illustrations, Barcalow's calming words invite readers to free their minds and focus their attention on appreciating the natural world.

Vegans don't just follow a diet, they follow a lifestyle. They avoid eating and using animal products. Readers will learn further definitions and sub groups. This volume addresses why people choose to go vegan, and shares the health implications of that choice. It also delves into the ethics of veganism and how companies and restaurants are accommodating the vegan lifestyle. Full-color photographs and diagrams, a glossary, sources for further reading and research, and a detailed subject index are also included.

Confused by conflicting exercise and nutrition "information?" Frustrated by too many sizes in your closet? Determined to "not quit this time" - but not sure how? *Go Forward: 28 Days to Eat, Move, and Enjoy Life God's Way* will help you understand what God's Word teaches about exercise, nutrition, stress management, sleep, and other health topics. But understanding what to do is only the first step. Through this book you will also begin the second step: practicing how to make a habit for a lifetime. Broken into topical sections, you are encouraged to learn at

your own pace and areas of interest. Scripture study is central to growing in your health, so several references and ample space is provided to write what God teaches you. Whether you are starting your health journey for the first time or the fiftieth time, you will find your footing here. If you are ready for the health and energy you need to accomplish your God-given dreams, if you want to find your unique path and fulfill your potential, then it is time to Go Forward!

With more and more physicians promoting grass-fed beef, free-range eggs, and organic butter as miracle foods, have we forgotten about the scientifically proven power of a vegan diet? Leading cardiologist Dr. Joel Kahn wants to set the record straight—eating plants can save your life and the planet too. With *The Plant-Based Solution*, Dr. Kahn provides a comprehensive guide for moving toward a plant-based diet, supported by decades of scientific studies on our health and our environment. A vegan of over 30 years, Dr. Kahn includes a 21-day plan for implementing changes in your own life, complete with easy and delicious recipes from his popular vegan restaurant, the Greenspace Café in Ferndale, Michigan. Join Dr. Kahn to explore: Expanding compassion through vegan living; how plant-based eating impacts global warming; plants and your gut health; major religions and veganism; the surprising link between vegan diets and sex drive; reversing cancer and autoimmune disease; why plants might hold the key to better aging; and more!

The definitive handbook to raising vegan children you've always wished you had. Is bringing up a vegan baby unhealthy? *The Smart Parent's Guide to Raising Vegan Kids* is the ultimate vegan parenting manifesto that takes on this myth and answers all the other questions you've always wondered about—the vegan way. Raising ethically vegan children, in fact, lays the groundwork for a lifetime of excellent health for your child, the animals, and the planet. Eric C. Lindstrom is in the position to know. Having raised one child on the Standard American Diet (SAD) and four other children on a vegan lifestyle, and being a mid-life vegan convert himself, Lindstrom learned through experience. In this practical and tongue-in-cheek guide, Lindstrom, dishes the real talk and shares the unique challenges vegans face when starting their children from scratch, providing advice, tips, and tricks on how to raise compassionate, vegan children in all areas of life. Learn: How to get your kids to eat vegetables (when it's all they eat anyway) How to teach your children compassion with visits to sanctuaries and not zoos Advice for dealing with nonvegan social situations and events How to plan for birthday parties and other events Travel and road trip tips with the family Resources for an A to Z of vegan recipes, movies, books, and websites And more! Both informative and hilarious, including expert advice from the world's leading plant-based physicians and fun recipes for your little vegans, *The Smart Parent's Guide to Raising Vegan Kids* is the guide every vegan parent needs as choose to bring their kids up in a world that will sustain their children, their grandchildren, and their great-grandchildren.

Introducing three- to seven-year-olds to the "ABCs" of a compassionate lifestyle, *V Is for Vegan* is a must-have for vegan and vegetarian parents, teachers, and activists! Acclaimed author and artist Ruby Roth brings her characteristic insight and good humor to a controversial and challenging subject, presenting the basics of animal rights and the vegan diet in an easy-to-understand, teachable format. Through memorable rhymes and charming illustrations, Roth introduces readers to the major vegan food groups (grains, beans, seeds, nuts, vegetables, and fruits) as well as broader concepts such as animal protection and the environment. Sure to bring about laughter and learning, *V Is for Vegan* will boost the confidence of vegan kids about to enter school and help adults explain their ethical worldview in a way that young children will understand. From the Hardcover edition.

Who is momma's milk meant for? Her baby of course! This simple but striking board book for young children introduces different animals nursing their young, and shows the unmistakable bond that all mommas have with their babies. Clear, repeating language and beautiful

illustrations help to teach children about compassion and understanding for all living beings. Dustin is a seventeen-year-old young man who finds out that his girlfriend, Sandy This book is both for newbies eager to explore veganism, and experienced vegans looking to expand their recipe collection. It is the perfect companion for beginners and contains easy guidelines on becoming vegan and following a sustainable clean eating diet. It will teach you everything you need to know in order to adopt the vegan lifestyle, including: * A definition of veganism and common misconceptions * Foods to avoid * Ingredients to shop for * Useful tips for cooking vegan and eating vegan when dining out * 35 Delicious and Easy recipes for clean and healthy vegan meals * Nutritional information with each recipe to help you balance your diet Much more The hearty and delectable meals contained in this book will introduce you to a whole new world of nutritious foods that keep you healthy, fit, and active. You will discover new recipes for breakfast, lunch, dinner, soups, salads, deserts, stews, and sides, to keep you and your loved ones well fed at any time of the day. Add these 35 exciting vegan recipes to your meal plan, and surprise your family and friends with your expanded collection of delicious vegan recipes.

Vegan Is Love Having Heart and Taking Action North Atlantic Books

A cute yet powerful, beautifully illustrated children's board book written poetically from the perspective of various animals who explain why they are not food.

What Vegan Kids Eat is the first book that celebrates the wide variety of foods that vegan children enjoy. The book debunks the notion that vegan kids suffer from a lack of delicious food options. The truth is quite the opposite! This lighthearted book, full of bold colours and friendly illustrations, is ideal for parents who would like to teach their children that being vegan is not only healthy and good for the animals, but is also delicious and fun.

The Vegan Guide to the Holy Scriptures leads you down a path towards The Garden of Eden. That fantasy land of Peace and Loving-kindness may be our next evolutionary step. Most people realize that the way the world of Death and Disease has taken over is not right or healthy in any way. The Veganism Movement will heal mankind thus healing the world as well. The modern thinking Vegan is ready to meet and overcome any non-Vegan resistance by learning every thing connected to the purpose of Veganism. There is a spiritual side of Veganism to consider and The Vegan Bible is a great place to begin researching the real history of our Mother earth and Father God. Most people never knew that the God of The Holy Bible is Vegan. This one little fact changes the face of society from innocent meat eaters to a mob of evil dead-flesh worshipers, especially the ones that refuse to accept the truth of our Vegan world. Don't be one of them. The right way is always the best way to live and enjoy the good health and clean conscious that the Vegan way of life represents. Now you will have all of the Vegan Holy Scriptures at your fingertips to rise over anyone whom decides to support their meat eating habits by miss-quoting The Holy Scriptures. The Vegan Bible proves that God and Jesus Christ are Vegans as well as some of the Holiest Prophets. Was Cain really the cold hearted monster we were taught he was or was he just an angry Vegan unwilling to control his temper? And who is this Lord God character that keeps on trying to ruin everyone's lives? Was Jesus Christ targeted by the religious leaders of His time for taking a firm stand against animal sacrifices? Did He offer his life as a one time human sacrifice to try and save them. By threatening the financial security of those selling the sacrificial animals this put a price on his head. His teachings of Love were not only aimed at people but they were for all living creatures. His personal sacrifice did put an end to most religiously motivated animal sacrifice in the world. Before Jesus Christ there was only a blood thirsty Lord God to pay off with daily sacrifices which was for sale at the Holy Temples. Now we face a world lost in a cloud of ignorance teaching our children it is normal and right to consume dead animal flesh and this has got to stop. We must learn everything there is to know about Veganism so we can begin to heal our world and save our souls. I have dedicated the rest of my life to the study and

research of the Ancient Vegan Creation Story as it is found in every copy of the Bible that exist. Proving that we have an all-loving Father God that is Vegan was only the beginning of what I have discovered. The magnitude of this one important fact has yet to reach the ears of the normal every day church goer. The implications of the facts presented in the pages of The Vegan Bible is destined to cause some uproar with the religious institutions and their religious dogma. Why was it such a crime in the dark ages to be a Christian? Did the term Christian mean Vegan and were they hunted, tortured, burned and killed for the same reason that Jesus Christ was. Have you ever seen a normal person go into a fit of rage when you tried to explain Veganism to them? The Vegan Bible will help answer many religious questions and provide morally correct Vegan answers. It used to be just a matter of Faith but now the Medical Science is proving our Vegan heritage. Veganism is growing and it will influence the greater populations of every country. I hope that you are ready for The Vegan Apocalypse. Thank You. "Would you like Green eggs or ham?" Not this Vegan Brontosaurus! In this funny Dr. Seuss Parody Pam-I-Am tries to convince Valen, a Vegan dinosaur, to eat green eggs or ham. Come along with Valen and enjoy the fun! This book is a great way to introduce compassionate living to children of all ages through fun illustrations and rhyme.

Get best selling author Maria Holmes' 30 favorite vegetarian slow cooker recipes! Vegetarian Slow Cooker Recipe Book: 30 Easy Set It & Forget It Meals is the first book written by Maria Holmes, a home cook with a passion for preparing simple and delicious meals for her family and friends. Over the past few months, Maria's family has been trying to convince her to share her love for, and knowledge of, cooking. After much persuasion, Maria decided to write her first cookbook. This brand new best selling vegetarian slow cooker recipe book is a compilation of 30 delicious, healthy and easy to prepare meat-free crockpot meals. Each of these recipes have been prepared by Ms. Holmes herself and tested on not only her family, but countless food connoisseurs who gave these meals two thumbs up for pleasant flavors, fragrant aromas, great textures and amazing colors. The book has a great introduction to vegetarian slow cooking and the recipes are divided into six chapters. In the introduction, readers will learn the benefits of slow cooking and the keys to preparing successful slow-cooker meals. You will also discover useful guidelines to help you adapt your favorite slow cooker recipes to meet your own individual tastes. Other useful advice includes how to choose the perfect slow cooker recipes and how to add the ingredients into the slow cooker to ensure that your recipes come out picture-perfect and delicious every time. The last part of the introduction includes clear, step-by-step instructions and helpful tips for cooking dried beans in a slow cooker. But Chapter 1 through Chapter 6 is where you will find all the delectably tasty and healthy vegetarian slow cooker recipes. Even if you are not a vegetarian, you will find that these delicious recipes can please everyone's palates. So, here is the list of those vegetarian slow cooker recipes that are waiting for you to enjoy: - Chapter 1: Soups - Chapter 2: Beans - Chapter 3: Chilies - Chapter 4: Potatoes - Chapter 5: Rices - Chapter 6: Desserts In conclusion, Vegetarian Slow Cooker Recipe Book: 30 Easy Set it & Forget It Meals by Maria Holmes is the ultimate choice for anyone who wishes to prepare easy set it and forget vegetarian slow cooker meals.

Lose weight, increase energy, and boost your immunity—without giving up meat! "With her flexible mix-and-match plans, Dawn Jackson Blatner gives us a smart new approach to cooking and eating." --Joy Bauer, M.S., RD, CDN, "Today" show dietitian and bestselling author of Joy Bauer's Food Cures "The Flexitarian Diet is a fresh approach to eating that's balanced, smart, and completely do-able." --Ellie Krieger, host of Food Network's "Healthy Appetite" and author of The Food You Crave "Offers a comprehensive, simple-to-follow approach to flexitarian eating--the most modern, adaptable, delicious way to eat out there." --Frances Largeman-Roth, RD, senior food and nutrition editor of Health magazine "It's about time someone told consumers interested in taking control of their weight and health how to get the benefits of a vegetarian lifestyle without having to cut meat completely out of their life."

--Byrd Schas, senior health producer, New Media, Lifetime Entertainment Services Introducing the flexible way to eat healthy, slim down, and feel great! "Flexitarianism" is the hot new term for healthy dieting that minimizes meat without excluding it altogether. This ingenious plan from a high-profile nutritionist shows you how to use "flexfoods" to get the necessary protein and nutrients--with just a little meat for those who crave it. As the name implies, it's all about flexibility, giving you a range of options: flexible meal plans, meat-substitute recipes, and weight loss tips. Plus: it's a great way to introduce the benefits of vegetarianism into your family's lifestyle. Enjoy these Five Flex Food Groups: Flex Food Group One: Meat Alternatives (Beans, peas, lentils, nuts, and seeds; Vegetarian versions of meats; Tofu; Eggs) Flex Food Group Two: Vegetables and Fruits Flex Food Group Three: Grains (Barley, corn, millet, oat, quinoa, rice, wheat, pasta) Flex Food Group Four: Dairy Flex Food Group Five: Natural flavor-enhancers (Spices, buttermilk ranch, chili powder, cinnamon, Italian seasoning, herbs; Fats, oils, butter spreads; Sweeteners, granulated sugars, honey, chocolate; Ketchup, mustard, salad dressing, vinegars, low-fat sour cream)

Nautilus Award Winner Popular children's book author-illustrator Ruby Roth gives us the heartening story of a little boy who's had a very bad day and just needs some quiet space to work out his feelings in his own way, on his own time What do you do when you're feeling overwhelmed? In *Bad Day*, things are not going well for Hennie. Small things loom large, going from bad to worse as the day-that-never-ends goes on. But with a deep breath and some quiet reflection, Hennie begins to make sense of his feelings and discovers the power of turning inward. Affirming and funny at wonderfully relatable moments, this timely mindfulness resource helps children process their inner lives, guiding them toward self-empowerment and resilience. This is a Sufi adventure story for children, teenagers, and adults. In the story, a boy loses his heart wings, becomes a normal adult and then goes on a journey as a man to find his heart wings once again!

It is a huge misconception that veganism and building muscle are mutually exclusive. Society has taught us to believe that eating meat is correlated with being "macho" and you need it to build great muscle. Well that unfortunately might be a stereotype, but it is not a fact. When you have a plan and adjust accordingly, than getting great results on a vegan bodybuilding diet is just as easy as it would be with any other plan. And that is the purpose of this book. Inside, you will learn the trials and errors that vegans make when they start building muscle, and how to get optimal results out of a plant-powered diet. This book is not only centered around vegan bodybuilding but also covers vegan health benefits, supplements, bodybuilding recipes and saving money! Be prepared to feel great, have energy you never had before and make the best gains of your life!

Better than a romance novel that whisks you away to fantasy, *Dating Vegans* is genuine. It is a catalyst for reevaluating your own interactions with other people whether you are the vegan or the other person. Where am I now? What is certain? What might I compromise? What would I do if I met a person like that? Will I make a recipe? This powerful function of the book can appeal to anyone, regardless of the relationship situation. The author has applicable tips for getting a date or keeping together long-term. Learn how to share information, so that vegan values get just consideration, without being socially abrasive to those not yet holding these ideals. "*Dating Vegans* is a must-have manual for any vegan

willing to give a chance to someone from the other side of the plate. Overflowing with stories, anecdotes, humor, advice, and recipes, here is your guidebook to finding friends, lovers, and hopefully, that one person who is both." - Joseph Connelly, founder of VegNews magazine

Chickpea the cow lives in an overcrowded barn on a large farm. She watches as her friends and family are taken away to an uncertain fate. One day, the farmer leads Chickpea and all the rest of the cows outdoors to a scary-looking truck, and Chickpea knows she shouldn't go. Making a split-second decision, she leaps the fence and escapes into the woods. For the first time ever, Chickpea discovers the world outside the farm and, thanks to some delicious vegan pie, makes new friends who welcome her with loving hearts. Chickpea's story is inspired by many real-life cases of runaway cows.

Discover the wonder of a life with God you can't contain. The pages of scripture are full of ordinary people who walked with God as he poured himself out through them to a world in need. What if God never changed? What if he is still speaking to us and longing to work miraculously through us? What if it isn't a matter of more training or effort but simply receiving and releasing everything he already purchased? "Life in the Overflow" invites you to know God intimately as your Daddy in a way that spills out of you naturally. Filled with disarming honesty and fervent expectation, this book mirrors a reflection of who you are, who your God is and what he actually longs to do through "ordinary, messy kids" today!

In ever-increasing numbers, people around the world are opting for a vegan lifestyle (eating a plant-based diet and eschewing animal products such as leather), and those who do report feeling happy and healthier, with boundless energy and glowing skin among the benefits. But what happens when their love interest unapologetically orders a steak on a date? Vegan Love offers guidance on how to spread the vegan love and bring compassion for all beings into one's romantic life. Going cruelty-free need not mean alienating potential partners or long-term lovers. Author Maya Gottfried shares her experiences of going vegan and playing the vegan dating game, as well as insights by notable vegan women, both straight and LGBT, from various walks of life, including Jane Velez-Mitchell of JaneUnchained.com; Marisa Miller Wolfson of the film Vegucated; Jasmin Singer, author of Always Too Much and Never Enough; and Colleen Patrick-Goudreau of the Food for Thought podcast. Vegan Love also features a wealth of fun, practical advice about vegan makeup, vegan clothes, and vegan weddings, with a detailed resource guide.

He was famous for telling stories. He could always make the story interesting. He had a way of seeing the best or funniest of every situation. He wrote down over 180 of his best stories in his last few years for all his family and friends. You will laugh, and relate to the stories of childhood, school years, and growing up during the depression. From his northern New Jersey, small town home he shares what it was like growing up in the 20's and 30's. From logging to working with horses, the stories provide a great view of the life style from that time period.

A childless mother faces the hollowing pain of recurrent pregnancy loss and overwhelming disappointment. When her faith plummeted along with the statistics of ever having a child, she refused to accept defeat. Deep within her soul was an undying dream of nurturing children that compelled her to make it a reality. Journey with Tanika, as she goes from the warm memories of her grandmother's house to the bitter cold of the mortuary in her quest to have a family. You will be captivated by the depth of love that arises from the ashes of pain. You will experience her tears of despair. You will jubilantly celebrate the promise of new beginnings and accompany Tanika in mourning painful endings. Most importantly, you will be encouraged to live after the pain of loss and to love without restraint. *Building A Family Breaks My Heart* will touch your heart, whether you have or have not experienced the unspeakable pain of miscarriage, pregnancy loss, or stillbirth.

Steven and his classmates go on a field trip to a local farm sanctuary. While there Steven's classmates learn that he is a vegan. Steven, along with many of the farm animals, teach his friends why for him, animals are his friends, not his food. Each day more children are being introduced to the concept of the vegan lifestyle. The idea of not eating meat, or drinking milk may open a child up to ridicule and harassment. Steven the Vegan gives these children ideas on how to deal with the situation, and how to explain why animals are friends, not food. What better way to introduce your little one to the wonderful world of delicious vegan food, than with the "The Little Vegan Books" series. In Book One, *The Vegan Alphabet* book, join Tofu & Tempeh and many other vegan characters as we learn the alphabet...vegan style! This book comes with a bonus audiobook read-along download, with chimes to turn the page, and music as well! Read by the author E.E. Bertram, who loves animals and has been vegan for 20 years and vegetarian for 30 years. Visit the downloads page on our website to receive your complimentary audiobook. Use hashtag #BigMindKids to share your stories & reviews. <https://consciousfiction.com.au>

In *Vegan Is Love*, author-illustrator Ruby Roth introduces young readers to veganism as a lifestyle of compassion and action. Broadening the scope of her popular first book *That's Why We Don't Eat Animals*, Roth illustrates how our daily choices ripple out locally and globally, conveying what we can do to protect animals, the environment, and people across the world. Roth explores the many opportunities we have to make ethical decisions: refusing products tested on or made from animals; avoiding sea parks, circuses, animal races, and zoos; choosing to buy organic food; and more. Roth's message is direct but sensitive, bringing into sharp focus what it means to "put our love into action." Featuring empowering back-of-the-book resources on action children can take themselves, this is the next step for adults and kids alike to create a more sustainable and compassionate world.

Dave Loves Chickens is the first in a series of books for young children examining the unique characteristics of animals and questioning why people eat them. The main character of the book, Dave, is a quirky monster from another planet who knows all sorts of fun and interesting facts about animals. Dave simply loves animals on Earth and encourages others to appreciate them and not eat them! This fun, lighthearted book, full of bold colors and friendly illustrations, is ideal for parents who would like to

introduce their children to a more compassionate way of treating animals.

This is a story for those kind-hearted kids who want to live a more compassionate lifestyle. Author Nicole Savino flips the script and urges her readers to empathize when a young vampire begins to contemplate a vegan lifestyle. With colorful illustrations, playful rhymes, and thoughtful messages this book celebrates the importance of love for all creatures and inspires coexistence.

Do you want to lose fat? Build muscle? Feel better? Look younger? Optimize your health? Perform better? Now you can. You don't have to resort to infomercial style gimmicks and gadgets. This book will help you achieve your objectives. It provides the 'source code' to building diet and supplement plans for you (or your clients) no matter your (or their) level of experience. It is interactive: enabling you to follow the path through the book that is most applicable. This book is not meant to be read once, cover-to-cover, and then either committed to memory in some fashion or forgotten about. It's designed to be a tool - a resource - that is used interactively on an ongoing basis. Here is a sampling of FAQs from Chapter 9: Q: Are the recommendations in this book specifically applicable to a gender or age group? A: The short answer is "no." This book is written to be applicable to any healthy adult. Most of it will also apply to teenagers, though the energy expenditure estimations in Chapter 1 may need to be adjusted upward for teens and young adults (folks who are 13-20 years old). For kids younger than 13 - in fact, anyone younger than 18 - these individuals should work with their parent(s)/guardian(s) and their doctor or medical/health care practitioner on applying the principles from this book. Q: Since you're a vegan, why do you allow for the consumption of animal products in this book? A: I wrote this book for a wide audience. I don't like 'preaching to the choir' as the saying goes. Yes, if you're already eating vegan or plant-based you will benefit from reading this book. But I also want this book to be useful by those following other ways of eating: vegetarians, pescatarians, omnivores, those with allergies and intolerances, etc. I like to meet people where they are - not where I think they should be or others think they should be. I also don't view the movement from the typical western diet to a vegan or plant-based diet as having to be transformational - that is, a giant leap - it can be incremental. Some people will take baby steps, and that is okay. Some people will take no steps at all and choose to eat as much animal product as they can while following my plans. That's the choice of each individual to make, though I hope most move in the direction of plant-based and vegan eating - even if only by an inch or two. Of course, I would love it if everyone on earth stopped consuming animal products, but each individual needs to make this choice freely. Q: Why don't you emphasize exercise for fat loss? A: If your diet and sleep habits are off, then fat-burning exercise is not going to help you very much. There is a saying out there that is quite true: "you can't out-exercise a bad diet." This is true calorically speaking, since you can eat and drink a 1,000 calories very easily at a restaurant without even thinking about it, but would have to push yourself pretty hard to burn 1,000 calories during exercise (and you'd also find yourself pretty darn hungry shortly thereafter and likely to binge). But it's also true hormonally speaking: you can't out-exercise a hormonal s**t-storm (pardon my French!). If your diet and sleeping habits are off, you will only make a bad situation worse by piling on exercise. As just one example, cortisol, the so-called stress hormone, is elevated by exercise, lack of sleep, caffeine, stress, and other factors. If you have cortisol levels that are

continuously elevated you'll have a heck of a time losing fat; you'll also be putting your overall health at risk. (By the way, this doesn't mean you shouldn't exercise. It just means you shouldn't view exercise as the magic bullet for fat loss. Exercise has many other benefits. Also, more is not better: you want to exercise the right amount based on your needs, capabilities, and objectives.)

Celebrate the gorgeous and delicious possibilities of plant-based Southern cuisine. Inspired by the landscape and flavors of his childhood on the Mississippi Gulf Coast, Timothy Pakron found his heart, soul, and calling in cooking the Cajun, Creole, and southern classics of his youth. In his debut cookbook, he shares 125 plant-based recipes, all of which substitute ingredients without sacrificing depth of flavor and reveal the secret tradition of veganism in southern cooking. Finding ways to re-create his experiences growing up in the South--making mud pies and admiring the deep pink azaleas--on the plate, Pakron looks to history and nature as his guides to creating the richest food possible. Filled with as many evocative photographs and stories as easy-to-follow recipes, Mississippi Vegan is an ode to the transporting and ethereal beauty of the food and places you love.

That's Why We Don't Eat Animals uses colorful artwork and lively text to introduce vegetarianism and veganism to early readers (ages six to ten). Written and illustrated by Ruby Roth, the book features an endearing animal cast of pigs, turkeys, cows, quail, turtles, and dolphins. These creatures are shown in both their natural state—rooting around, bonding, nuzzling, cuddling, grooming one another, and charming each other with their family instincts and rituals—and in the terrible conditions of the factory farm. The book also describes the negative effects eating meat has on the environment. A separate section entitled “What Else Can We Do?” suggests ways children can learn more about the vegetarian and vegan lifestyles, such as: “Celebrate Thanksgiving with a vegan feast” or “Buy clothes, shoes, belts, and bags that are not made from leather or other animal skins or fur.” This compassionate, informative book offers both an entertaining read and a resource to inspire parents and children to talk about a timely, increasingly important subject. That's Why We Don't Eat Animals official website: <http://wedonteatanimals.com/>

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