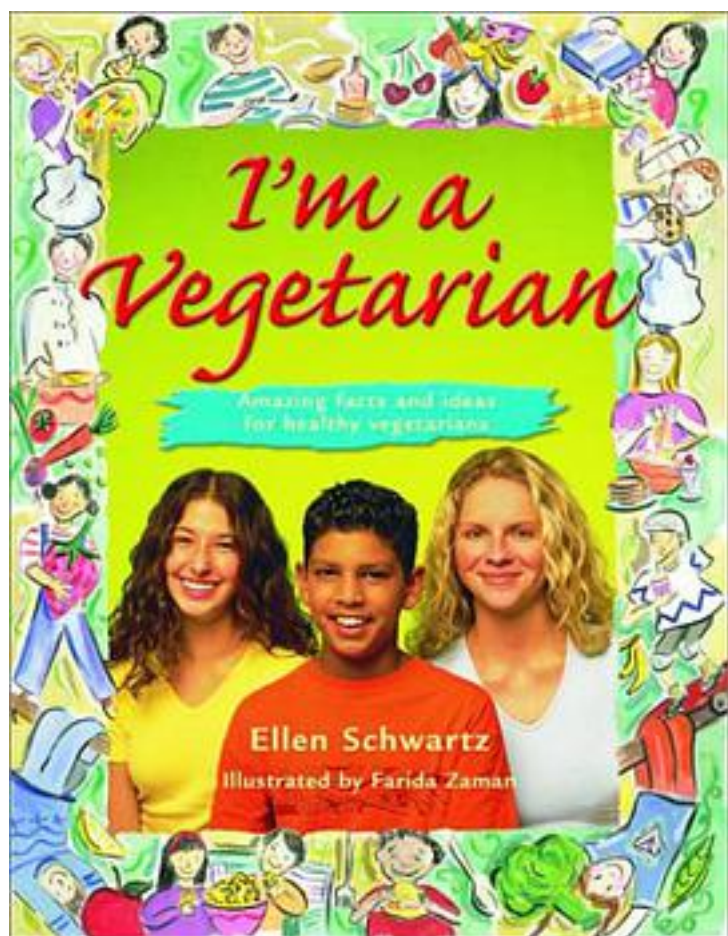


I'm a Vegetarian



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Whether it's for health, humane, or taste reasons, many young people are vegetarians. This is the perfect book to help them be healthy ones. It provides a history of vegetarianism, advice on balancing one's diet, yummy food ideas, and, best of all,

ways to cope with sticky situations. How do you handle the inevitable trips to the local burger joint? How do you resist Grandma’s attempts to get you to try just a bit of her famous roast turkey? How do you respond to dire predictions that it’s meat that makes you strong? For young people who are vegetarians, or for those who are thinking about making the switch, this is an invaluable resource.

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