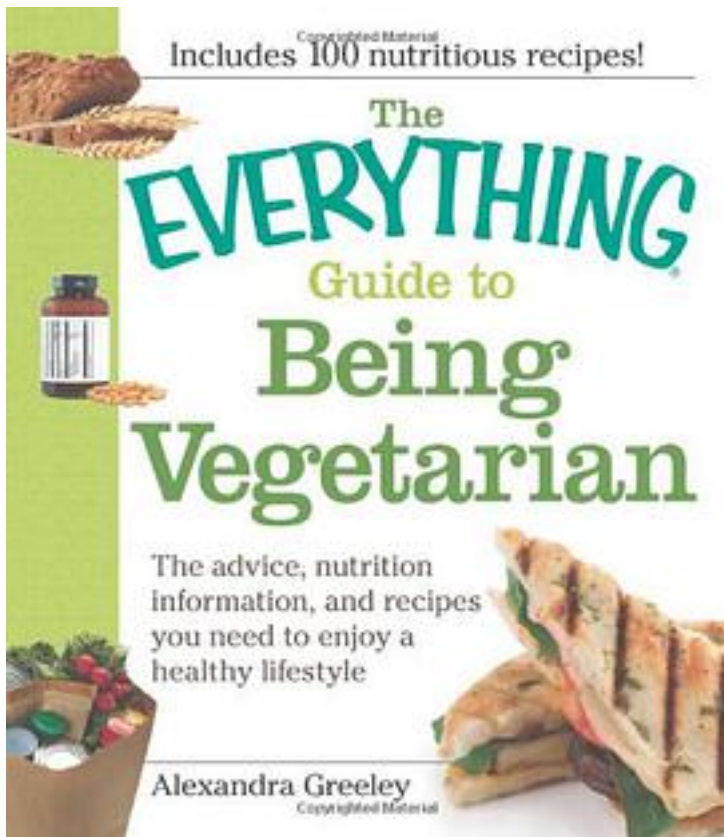


The "Everything" Guide to Being Vegetarian



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Whether their reasons are moral, economic, or health-related, people all over the world are making the switch to vegetarianism. "The Everything Guide to Being Vegetarian" offers readers all the information they need to live a healthy vegetarian life and enjoy the foods they eat every day. A vegetarian lifestyle doesn't have to be restrictive; with the help of this book it can be liberating and satisfying! All readers need is the right information and recipes so they can say goodbye to meat and hello to a

fresh, new life.

作者介绍:

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