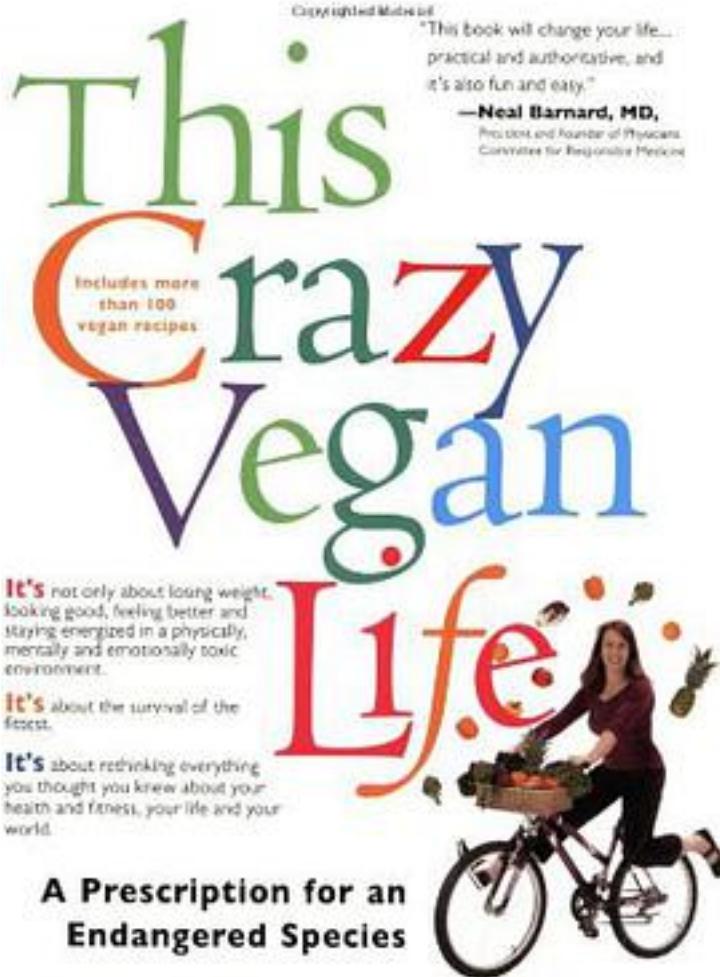


This Crazy Vegan Life



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A manifesto on being vegan and living healthfully from the award-winning host of public television's *Christina Cooks, Naturally!*

Being vegan is not only about a plant-based diet. It means taking a whole new look at health, fitness, lifestyle choices, and the world. Christina Pirello not only advocates the development of animal-free alternatives for the benefit of humans, animals, and the environment, but also promotes their impact on wellness. Beyond the value of eating whole, and organic foods, Pirello explores a host of subjects from nutrition and fitness to education and emotional well-being as she helps readers take control of their lives and achieve their personal goals, whether they want to lose weight, regain health and vitality, or simply look and feel better.

Featuring a 28-day nutrition and fitness plan, *This Crazy Vegan Life* also includes sample menus and more than 100 delicious and easy-to-prepare low-glycemic, phyto-nutrient-rich, high-fiber, wellbalanced vegan recipes that emphasize good carbs and good fat.

作者介绍:

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