

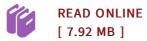


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Generation V: The Complete Guide to Going, Being, and Staying Vegan as a Teenager

By Claire Askew

Tofu Hound Press, United States, 2008. Paperback. Book Condition: New. 214 x 134 mm. Language: English . Brand New Book ***** Print on Demand *****. Going vegan is the single most important thing you can do if you want to get serious about animal rights. Yet, going vegan isn t always easy when you re young. You re living under your parents roof, you probably don t buy your own groceries, and your friends, family, and teachers might look at you like you re nuts. So, how do you do it? In this essential guide for the curious, aspiring, and current teenage vegan, Claire Askew draws on her years of experience as a teenage vegan and provides the tools for going vegan and staying vegan as a teen. Full of advice, stories, tips, and resources, Claire covers topics like: how to go vegan and stay sane; how to tell your parents so they don t freak out; how to deal with friends who don t get it; how to eat and stay healthy as a vegan; how to get out of dissection assignments in school; and tons more. Whether you re a teenager who is thinking about going vegan or...



Reviews

A brand new e-book with a brand new standpoint. it was actually writtern extremely properly and valuable. I am just quickly can get a pleasure of looking at a published ebook.

-- Prof. Garett Schmitt

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

-- Shayne O'Conner