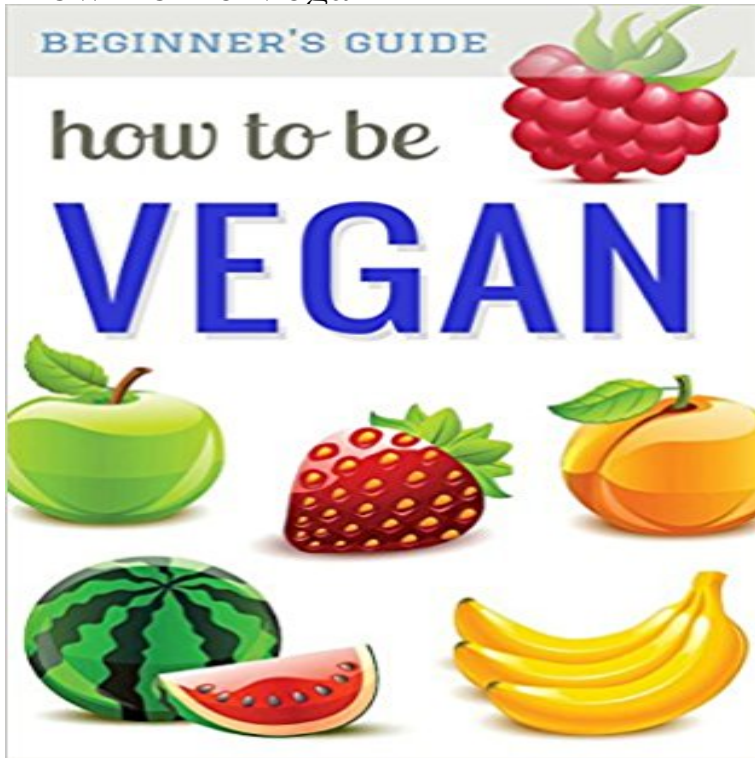


How To Be Vegan



The ultimate vegan guide for the beginner In How to Be Vegan, personal coach and author Steve Pavlina explains the long-term benefits hes experienced over the last 18 years of leading a vegan lifestyle – not only the physical results, but the mental clarity and the emotional shift that happened after 30 days of being vegan.

Table of Contents Chapter 1: How to Transition to Vegan Foods Chapter 2: Increasing Your Food Intelligence Chapter 3: Restoring Conscious Choice Chapter 4: Eat Vegan on a Budget Chapter 5: Eat Vegan While Traveling Chapter 6: Be Unapologetically Vegan Chapter 7: Legal Discrimination Chapter 8: Eating Vegan Is Just the Beginning Chapter 9: Honour Your True Feelings Chapter 10: Dealing with Animal Eaters Chapter 11: Vegan Romance Chapter 12: Go Fully Vegan Chapter 13: Create Your Own Vegan Rituals Preview: Be Unapologetically Vegan New vegans are often pretty socially timid when it comes to getting their needs met. Some of them act like they should apologize for inconveniencing other people, as if it’s an unfair burden to help someone who doesn’t want to slaughter animals for food. I suggest you dump that attitude. Being vegan is awesome. You need never apologize for it. By going vegan, you’ve made a decision that’s all around better for everyone. Have no doubt about that. Dont buy into the brainwashing that tells you you’re a high-maintenance social outcast. Don’t marginalize yourself. You’ve

made an intelligent choice. You're not a social outcast. You're a leader. Act like one.

Many vegans adopt the mindset that being vegan puts them on the fringes of society. The thinking is that when you go vegan, you're no longer a mainstream person. You're weird, different, and unusual. You're not like everyone else.

If you've bought into that kind of thinking, you've inadvertently swallowed some propaganda from the animal products industries. They devote part of their marketing budgets, both directly and through trade associations, to encourage people to marginalize vegans in this way. Why? Because veganism is a threat to their profits. So they manipulate social pressures to try to prevent more people from wanting to go that route. It's unfortunate that vegans buy into this kind of thinking too. I've certainly fallen for it at times. Instead of seeing yourself as an outcast, get aligned with the truth. By going vegan you've made serious progress in improving your lifestyle, not just for your own benefit but for the benefit of animals, other people, and the world as a whole. This isn't outcast behavior. This is leadership, plain and simple. By graduating to veganism, you've put yourself at the top of the human pyramid in terms of alignment with intelligent, ethics, and conscious growth. Feel good about what you've accomplished, and keep learning, growing, and improving. This isn't a mindset that stems from arrogance or conceit. It stems from caring. Isn't it obvious that as a vegan, you're behaving in a more caring and compassionate way

towards the planet? It's obvious that the world would be greatly improved if more people followed suit? Let the obviousness of that sink in.

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is a learning curve. Keep reminding yourself of the reasons you've chosen a vegan lifestyle, and the benefits you've felt since going vegan. Make sure that you do things along the way that remind you of the joy of vegan living, and take it one day at a time. How to be Vegan - Holistic Holiday at Sea Vegan Nutrition Can cutting off animal products from our diet be dangerous for our health? Not at all. You only need to know what to do and to eat a variety of

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How to Be Vegan - Workman Publishing Last year, I decided to go vegan for an entire month, chronicling my thoughts, challenges, health, and weight the entire time. I thought it'd be a

How To be Vegan Vegan vs. Vegetarian - YouTube - 14 min - Uploaded by Tori Sterling If you clicked on this then you want to be a vegan! What is the difference between being a

10 Things I Wish I Knew Before I Went Vegan HuffPost If you're a vegan, everyone has likely quizzed you about where you get your nutrients. Plant-based foods provide all of your nutritional needs.

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