



The Complete Idiot's Guide to Vegan Living

Beverly Lynn Bennett, Ray Sammartano

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The definitive book on becoming a vegan?with recipes included. Becoming a vegan isn't just about giving up animal products. It's about making a lifestyle change. In *The Complete Idiot's Guide to Vegan Living*, authors Beverly Lynn Bennett (known as the Vegan Chef) and Ray Sammartano provide a complete guide to living vegan- style, focusing on compassion for all, good health, and great eating. Inside, readers will find 50 sensational recipes, tips for everyday vegan living, the lowdown on vegan myths, and much more.

-One of the few titles that combines information on the vegan lifestyle with recipes

-Being a vegan isn't only about what you eat; this book also discusses clothing, cosmetics, etc.

-Author is a renowned vegan chef

The Complete Idiot's Guide to Vegan Living Details

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Author : Beverly Lynn Bennett , Ray Sammartano

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From Reader Review The Complete Idiot's Guide to Vegan Living for online ebook

melissa says

I hate me some "Idiot's Guide" books. True story: I buy books from the public all day, every day. One time a couple sold both a copy of The Idiot's Guide to Sex and The Idiot's Guide to Pregnancy. It was hilarious. Trust me, it just was, maybe you needed to be there I SHOULDN'T HAVE TO EXPLAIN MYSELF WHEN I BUY USED CRAP ALL DAY WITH A HORNET'S NEST IN THE BOX!!!

Anyhoooo I saw this tonight at CVS and for once thought, hmmmm...maybe I am an Idiot after all and need to read this because so far my veganism has included a large block of swiss cheese and that is the Idiot's Way of Veganism. My excuse is that I have a disease and I need more protein and I am very frail (if frail means your ass excedes into the next county) and so the point is WAIT I'M GETTING TO IT I think that this book might actually end up being helpful. Because I am an Idiot and so are you if you actually read this entire pre-review.

just kidding, thanks for reading, moo.

Terri says

I really love this great resource: this is a book that will never grow old and will work as an ongoing reference as I make some much needed changes in my life. Even if I don't go totally vegan, this book is still a great guide.

Meg says

Great overview as an introduction or to refresh intentions.

Tamara Evans says

Very informative book for new vegans or those interested in the vegan lifestyle

Ashley Howard says

Great comprehensive look at becoming a vegan. From the food and clothing choices to changing your entire lifestyle.

Jessa says

So far its very informative and easy to understand.

Jenni says

Definitely geared toward beginning vegans or veg-curious. Lots of good info, though nothing new if you're already steeped in the vegan lifestyle. There is a small section of recipes, but no pictures of any of them. I like the tips and tricks notes in the margins. I think the book would be overwhelming for someone who is really new to the veg scene, and it seems like old hat for someone who has already been vegan for a long time, so there must be some "just-right" time in a vegan's life for the book shortly after going vegan but before they know everything about being vegan and are sick of other people telling them stuff they've already learned.

Lisa says

This really makes vegan living seem very complicated. Vegan living is not difficult once you have made a decision to be vegan.

Corinne says

Straightforward and well organized. Exactly what it promises to be.

Winifred says

Ch 20-23 contains easy to make recipes for beginner vegans.

I also liked the chapter that talked about vegan substitution ingredients, it goes a little deeper into the purpose of some of the most commonly used ingredient.

Roland says

Good.

Lisa Vegan says

I do love the Idiots and Dummies series of books, and this is a reasonably good overview of vegan living for

those who have interest but don't have a lot of experience or information.

P.J. Sullivan says

Elementary. For new and aspiring vegans. But presents veganism as more complicated than it needs to be. Emphasizes compassion for animals, but one need not be an animal lover to adopt this diet and lifestyle. Some discussion of the health benefits for humans. Rates vegetables above fruits. But we humans are frugivores who should regard fruits as the very foundations of our diets. See my essay called "What Should We Eat?" on my profile page.

This book does not go far enough, in my opinion. It recommends, or at least condones, too many foods that I consider objectionable, or even harmful. Foods such as soybeans, alfalfa, sea salt, garlic, mushrooms, mock meats, etc. Not everything vegan is good for you. Garlic and salt are toxic, including sea salt. Mushrooms too, probably. A good diet should go further than this. And real vegans don't eat mock meats! Well OK, maybe in transition. Lots of vegan recipes here; most contain ingredients I don't agree with. Recipes are unnecessary complications anyway.

For food fans in transition, but read it critically!

Kristen MacGregor says

A great book to introduce you to Vegan living. I'm more interested in the eating/health aspect than the animal rights/clothing/etc. stuff. So that stuff didn't interest me, but the rest was GREAT!
