



How to Be Vegan: Tips, Tricks, and Strategies for Cruelty-Free Eating, Living, Dating, Travel, Decorating, and More

Elizabeth Castoria

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With the interest in vegan living on the rise, it's time for a book that goes beyond the recipes. How does a newbie adopt a vegan approach when it comes to dating, entertaining, decorating, travel, and beyond? Author Elizabeth Castoria, the former editorial director of "VegNews," offers a useful, friendly introduction to the vegan lifestyle for those who want to dabble or for those already committed to living animal-product-free. She shows how simple it is to be vegan, from the food (plants, fruits, nuts, and grains all explained) and nutrition (which supplements are needed), to the etiquette (what to do at an omnivore's dinner party), travel (where to find the best vegan airport food in the United States), fashion (there's no need to swear off designer duds), and more. To close the book, there are 50 recipes for the beginner vegan. With familiar ingredients and straightforward instructions, and with options from Tofu Scramble and Cheesy Kale Chips to Pasta with Artichoke Alfredo and Fabulous Fudge Brownies, there is no missing meat or dairy with this satisfying vegan food.

Presented in concise, practical easy-to-read pieces, with tips and tricks to employ in all parts of life and filled with helpful illustrations and humorous ones too "How to Be Vegan" presents a vegan lifestyle that is more accessible than ever before.

How to Be Vegan: Tips, Tricks, and Strategies for Cruelty-Free Eating, Living, Dating, Travel, Decorating, and More Details

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From Reader Review How to Be Vegan: Tips, Tricks, and Strategies for Cruelty-Free Eating, Living, Dating, Travel, Decorating, and More for online ebook

Emmie says

The cosmetics section is a little inaccurate but overall a good primer. Cheeky dumb style but had helpful tidbits. The recipes look good!

JaySan says

Helpful guide

The book is a very helpful guide for anyone interested on being vegan, ranging from how to react to people's comments to recipes to dating.

Sara Ollech says

Love this little book, makes everything simple and straight forward. Best book for transition to veganism.

Esraa says

I have been a vegan for 7 months now ,and I recommend this book to newly-vegans and veggi-curios I wished I read this book when I was still transitioning to plant-based diet , but what I really really loved about the book is the sense of humor and the simplicity of style .

Tiffany says

I reserved this from the library sight unseen. I was surprised by the small format. It's roughly the size of a trade paperback. This contains helpful and general information for the vegan-curious or vegetarians leaning that way. Early on in the book, I was rather shocked that the author would liken a slaughtered animal to said animal being in a "costume," such as when one dresses up their dog in an "annoying" hot dog costume. This comparison is absurd and insensitive and totally unexpected from a vegan. I'm all for not alienating or deriding in an effort to make this lifestyle an inviting choice, but that particular comparison was truly beyond the pale.

Meagan Mae says

It's a great book for people who really want to begin a vegan lifestyle and have absolutely no idea where to go. This book is an introduction to everything.

Joseph says

How to be Vegan: Tips, Tricks, and Strategies for Cruelty-Free Eating, Living, Dating, Travel, Decorating, and More by Elizabeth Castoria is an introduction and guide to the vegan lifestyle. Castoria is the former editorial director of VegNews.

One of my biggest peeves with vegans stems from definitions. In this book I see the same thing. Vegans do not eat or use any animal products which is clear and concise. However vegetarians eat eggs and dairy according to Castoria. As a vegetarian, that is news to me. Vegetarians are by definition herbivores. There are hyphenated exceptions such as lacto-vegetarians who eat dairy and ovo-vegetarians who eat eggs. Castoria sees no difference. What separates vegetarians from vegans is the use of animal products, which is rather a blurry area. Vegans won't eat honey because bees are animals, but very few would think twice about fumigating their house to get rid of termites. There is a sliding scale of acceptability.

The book on the whole provides good information on why giving up the consumption of animal products is a worthwhile endeavour. There are personal benefits for your health and environmental benefits. Cattle rank as the greatest greenhouse gas emitters in the world. There is also the animal rights portion too. There is an overall loss in food production by raising animals for slaughter. Animals require much more food than they provide. And, yes, you can get all your protein through plants.

There are also useful "pro-tips" and celebrity tidbits throughout the book. Most aspects of everyday life are covered from being vegan while traveling, what to eat at the airport, and how to order vegan meals when the options are not on the menu. There is a chapter on household and beauty item and a list some that are vegan. Most aspects of life are covered with the exception of automobiles. Our car society impacts animals a great deal from road kill, destroying habitats for new roads, sprawling suburbia destroying any meaningful wildlife refuge. Not to mention the destruction of the environment from oil spills and pollution. But, giving up a car is harder than giving up meat, I guess.

All in all a decent introduction to veganism. The recipes at the end of the book are an added bonus, and from reading through them, they seem like they would taste good and look easy to make. I would recommend this book to anyone looking at changing their life to a healthier one and one that is gentler on the planet. Even with what this book lacks it does give an encouraging boost to those interested in veganism (or vegetarianism).

Benjamin Torres says

I have been flirting with veganism for so long (5 years vegetarian), that I picked up this book hoping it might give me the courage to take veganism on a date. The book is very well organized and thorough, to the point that some topics and tips may seem too basic and obvious for some people, but I think in this kind of book it is best to have all the bases covered.

I wish there were more pictures, specially in the recepies section, but other than that I have no complaints, and would recommend to anyone curious about adopting this philosophy.

Chrissy says

I absolutely loved this fun and quirky little introduction to veganism, and I was impressed by the fairly wide range of topics that were covered in this fairly small volume! Starting with basic definitions of veganism and the breakdown of essential vitamins and food groups, the book then moves to suggestions for living a vegan lifestyle with respect to clothing and beauty supplies, household cleaners, and ideas for making vegan choices related to travel and airport food.

The book is loaded with helpful tidbits about famous vegans, and there are tons of cute tips and suggestions in the margins, which makes the format of the book feel that much more fun! HOW TO BE VEGAN ends with an assortment of yummy recipes that are broken down by meal, for the convenience of the reader.

For the hardcore vegan who already knows what they're doing in this lifestyle, I'm not sure that this book will give tons of new information. But, for those who are curious or dabbling in veganism, I highly recommend this guide for an entertaining and enlightening introduction to this way of life.

Thank you to the publisher for allowing me to preview an advanced copy of this book. I'm a bit disappointed that there is no pre-order for Kindle, so I certainly hope for an e-book copy of this book at some point in the future!

Louise says

A great, surprisingly up to date, resource for anyone who's thinking of becoming vegan or curious about the lifestyle. I'm married to a vegan so I probably have more experience than most with it and overall, I thought the advice (especially the section about manners and how to handle certain questions) in the book was fine. I like that it lists lots of other resources for diving deeper into subjects like cookbooks, nutrition, finding restaurants, etc. I also like that the book is nicely designed with helpful infographics. I didn't care much about the small profile boxes about celebrity vegans.

I did knock one star off this review for the author's repeated mis-use of the word 'toothsome.'

Kourtney says

On the outside: this book is tiny and adorable. Aesthetically pleasing, certainly, to those who will be appreciating a book for its cover.

On the inside: it's a comprehensive basis for those interested in a vegan lifestyle. I've seen other reviews stating this book isn't for long-practicing vegans, and I perfectly understand how that could be said. But it seems a very useful tool for those newcomers, whether they're with hopes of adapting to such ways or attempting to understand the life choice of others by a general means.

The basic concept of a vegan life is easily understood, but this little book offers plenty of quick tips and hints on how to start off (tips on how to stock your pantry and meal planning are a life saver for me!) and be better. For some, it would also be offering the revealing fact that being vegan is NOT something that is fully achieved by changing the way you eat.

In addition to that, there are a few recommended other titles to read into off of this (who doesn't like books that add to their TBR list? masochism at its finest!) and, of course, a handy, sprawling section of plenty of recipes spans between one of the last chapters and the resources pages.

I am someone who is wanting to adapt a much kinder way of living, and this book offered me a foothold.

Alexa says

Great for someone who is trying to learn the basics on veganism but for someone who already knows more about the lifestyle this book will become repetitive.

Colette says

This is a readable, solid book about creating a vegan lifestyle. I enjoyed reading it...the author is humorous and the book is well organized. I did know a lot of what she discussed (for example, I've been buying vegan cosmetics and cleaning products for years) so I felt that some of the information was a bit basic. But there are good sections on hidden animal ingredients, vegan ethnic foods, etc. I didn't make any of the recipes but there were some I would definitely try, and it didn't look like they required any weird or hard to find ingredients. Overall, this is a fun and enjoyable introduction to vegan living!

Adrienna says

Thus far, the book is colorful with its highlighted areas, and has a vast of information such as ethnic groups options (i.e. Mexican, Japanese, Chinese, to name a few) when going vegan; vegan products that you may didn't think so (i.e. Oreo Cookies, Nutter Butters to name a couple, which I was surprised); Column eating chart (which I liked most and made a copy to try); pop quiz to look at meat-eating options vs. vegan options; other resources when becoming a vegan and including celebrity artists who have become or are vegans.

It lists the different eating options which I may consider flexitarian (vegetarian when vegan options are not available; vegetarian + vegan. Like former president Bill Clinton is 90% vegan and goes to vegetarian option when vegan is not available due to his past health conditions alarmed him to go straight vegan. I am getting to this point.) At one time, for nearly 5-6 years was considering pescatarian (vegetarian who still eats fish) but hardly did this venture. Even if I choose vegan, I will eat fish occasionally (I think).

I am strongly considering this version of me, which I thought I would be a vegetarian before selecting vegan; but my current health conditions is pushing me more towards this option. I am learning about "anti-inflammatory" and "anti-estrogenic" foods to make a conscious decision overall.

This is a small, compact book and hoping for great concepts, information, and making this transition easier.

This book is definitely a good read for beginners, or someone who is considering the lifestyle. It is fairly friendly and if you have to eat vegetarian do it on certain situations. Loved this. Helped with travel spots at certain airports for vegans.

Charleen Tomlinson says

Easy and informative read.
