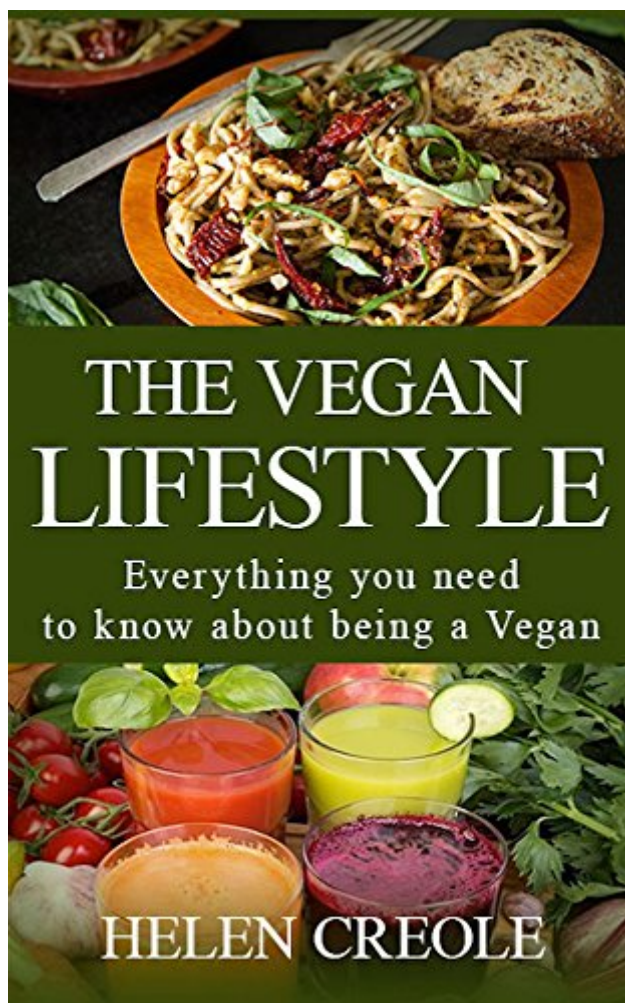


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# The Vegan Lifestyle



## Synopsis

Veganism is a word that's thrown around a lot especially around elite circles but what is it? And is it just for celebrities? Now it's time for you to discover a healthier alternative to your diet and why you should go vegan too! In this book you will learn the definition of a vegan what vegan diets you can make yourself cheaply what foods not to eat as a vegan what to buy when you eat out who can be a vegan and so much more! We compare the Vegan diet to a regular diet to help you make your decision. Order this book now!

## Book Information

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