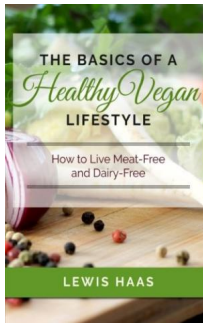


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## THE BASICS OF A HEALTHY VEGAN LIFESTYLE: HOW TO LIVE MEAT-FREE AND DAIRY-FREE (PAPERBACK)



Createspace Independent Publishing Platform, 2015. Paperback Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Simple Guide for the Vegan Beginner Learn how veganism can transform your life TODAY! Whether you're a vegan newbie, on-the-fence vegetarian, or simply curious about veganism, this book clarifies the brilliant simplicity and incredible benefits of a plant-based diet. The Basics of a Healthy Vegan Lifestyle shares the advantages of removing meat and dairy while still maintaining a healthy lifestyle....

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