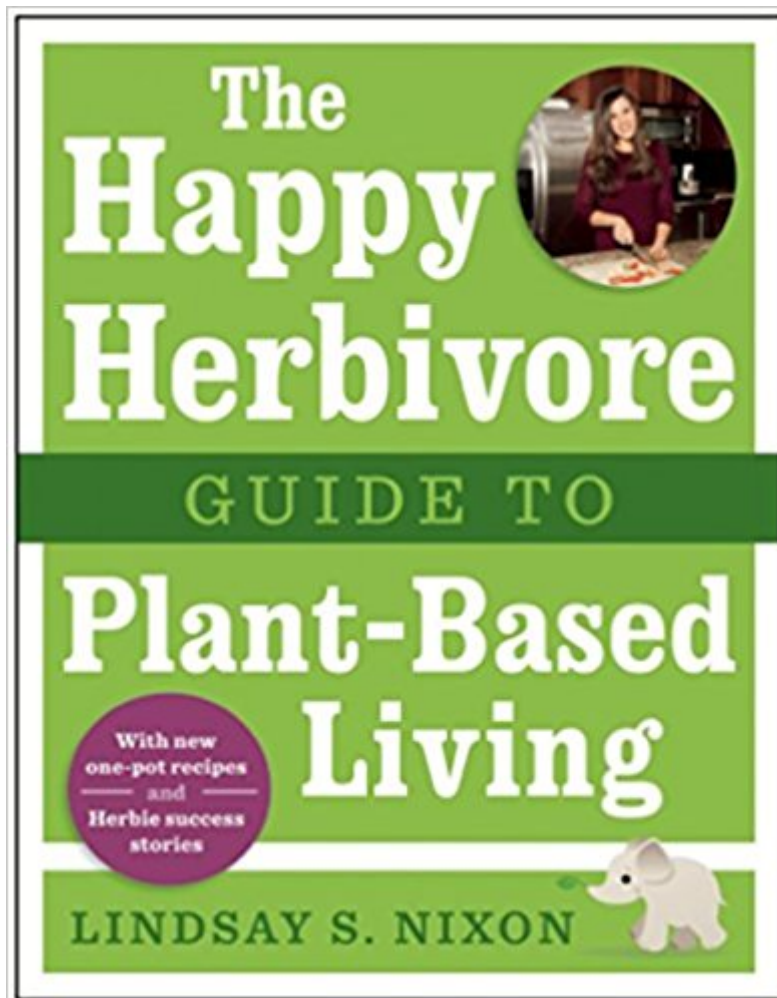




The book was found

The Happy Herbivore Guide To Plant-Based Living



Synopsis

In her latest Happy Herbivore book, Lindsay S. Nixon provides what her readers have been clamoring for—a practical, in-depth guide to living the plant-based lifestyle. A plant-based diet is not about saying “no” to a variety of foods. It’s about saying “yes” to you and your health. It’s about saying “yes” to whole, good-for-you foods that make you feel (and look!) great. Embracing any new lifestyle means changes, questions, and skeptics at your door. You don’t have to face that alone. Nixon has been successfully living the Happy Herbivore lifestyle for years and during that time, she’s helped thousands of clients make the transition. In Happy Herbivore Life, she expertly walks you through how to thrive as a happy herbivore, from making the transition to living plant-proud every day to overcoming objections from your family and friends. Nixon provides insight on key ingredients to include in your diet and exposes the myths concerning soy, carbs, fat, and protein. She offers tips on what to say to critical carnivores, how to live plant-based with a busy lifestyle, and ways to make easy substitutions in recipes that won’t change the texture and taste of your favorite dishes. Beautiful pictures and a sampling of new plant-based recipes accompany her savvy advice, plus testimonials from fans who have embraced the happy herbivore way and are loving the results. Happy Herbivore Life is the essential and ultimate guide you’ve been waiting for to help you transform your life through plant-based eating.

Book Information

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Customer Reviews

Lindsay S. Nixon is the bestselling author of the Happy Herbivore cookbook series: The Happy Herbivore Cookbook, Everyday Happy Herbivore, and Happy Herbivore Abroad. As of September 2012, Nixon has sold more than 150,000 cookbooks. Nixon has been featured on Dr. Oz and TheFoodNetwork.com, and she has spoken at Google. Her recipes have also been featured in The New York Times, VegNews, Vegetarian Times, Women's Health, Oprah.com, Bethenny.com, Fitness.com, Bust.com, WebMD.com, Shape.com, among many others. A rising star in the culinary world, Nixon is praised for her ability to use everyday ingredients to create healthy, low-fat recipes that taste just as delicious as they are nutritious. Learn more about Nixon and try some of her recipes on her award-winning site HappyHerbivore.com.

I started the book this morning and finished before lunch. The book answered all the questions you might be searching for on The Happy Herbivore website. This book would be one I would definitely give to someone thinking about going plant based or who has general questions about a plant based lifestyle. Nonjudgmental and recognizes people may be at different stages when going plant based or living a plant based lifestyle. Not once did I feel while reading as if someone was attacking my beliefs or the the way I live based on my decision to not consume animals or their products. I point this out too because lately I feel while reading a lot of books on plant based lifestyles or veganism that we can be our own worst enemies and telling people how bad they are because they are not committed to the lifestyle enough. In this book you will realize that it is progress, not perfection.

As another reviewer mentioned this is a book for beginners but perhaps that is its brilliance. It is the person new to this subject that needs the message the most. I am not a beginner to the subject but this book was a very good reminder to the reasons health wise and conscience wise to eat plant-based. I share my my review because I really do think it is important to stop eating meat, but that is just my opinion. It's not easy, I struggle myself.

I have been a vegan for many years, but I bought this book anyway to give to curious friends. Wow! I learned a few things. It never occurred to me to make up my own dinner from menu offerings at a mainstream restaurant. I have just gone home hungry many times. I have gestated and nursed 6 children as a vegan and found Lindsay's advice for raising children on plants to be accurate also. Good read. Thanks for the support.

This was an easy and quick read. It was thorough but not overly detailed. I loved that she sites a lot of resources for further study if one desires more information. She really covers all the bases, but it's still a quick read. I also liked that she wasn't preachy about animal rights and politics. She is obviously passionate about the health benefits of being plant-based and leaves it at that. I highly recommend this book

I enjoyed reading this book and learning about the benefits of a plant-based lifestyle. Lindsay offers many examples of how to change the way you eat and become healthier through the choices you make. She also offers suggestions on how to handle family and friends who may not be on board with your new way of eating. Also liked that she lists foods and substitutions to use in cooking and baking. Definitely recommend this to anyone thinking about adopting this lifestyle. Looking forward to reading more of her books.

Lindsey once again does it. This is a great read with a wealth of knowledge and information. I would highly recommend this to anyone curious about a plant based diet.

I love Lindsay's books, and have them all. But this is my least favorite. It spends too much time trying to sell you on her meal plans, and it's really heavy handed about doing so. It has some good tips, so it's not a complete waste of money, but I didn't find it all that valuable.

WOW, what an excellent book on transitioning to a plant-based lifestyle. Lindsay does a great job keeping everything simple, straight-forward yet still comprehensive. She covers the WHY of the plant-based lifestyle as well as the HOW-TO (20% why, 80% how-to). I've personally been vegan for 3yrs now yet I still found useful advice and new perspectives that expanded my knowledge base. This is definitely one of the best plant-based lifestyle resources out there. Tony Rogers Jr Author of Visionary: Making a difference in a world that needs YOU

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