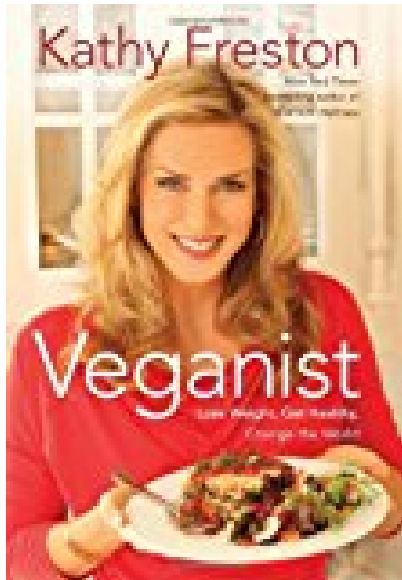


# Veganist Lose Weight Get Healthy Change the World

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## BOOK DETAILS

- Author : Kathy Freston
- Pages : 304 Pages
- Publisher : Weinstein Books
- Language : English
- ISBN : 1602861331



## BOOK SYNOPSIS

Promotes weight loss, healthy eating, and conscious consumerism through veganism, arguing that a meat and dairy-free lifestyle helps one lose weight, live longer, and is better for the economy and the environment.

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