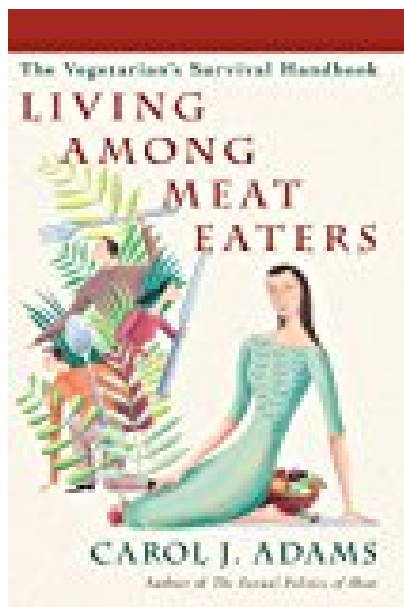


Living among Meat Eaters The Vegetarians Survival Handbook



BOOK DETAILS

- Author : Carol Adams
- Pages : 336 Pages
- Publisher : Lantern Books
- Language : English
- ISBN : 1590561163

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BOOK SYNOPSIS

Carol J. Adams offers real-life advice that vegetarians can use to defuse any situation in which their dietary choices may be under attack. This practical guide is full of self-tests, strategies, meditations on vegetarianism, and tips for dining out and entertaining at home when meat eaters are on the invite list. Offering more than fifty of Carol Adams's favourite vegetarian recipes, this book is sure to become every vegetarians most trusted source of support and information.

LIVING AMONG MEAT EATERS THE VEGETARIANS SURVIVAL HANDBOOK

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