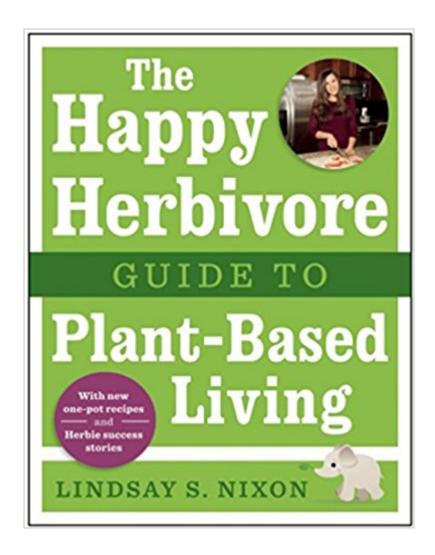
The book was found

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 \$\#151; a practical, in-depth guide to living the plant-based lifestyle. A plant-based diet is not about saying "noâ • to a variety of foods. Itâ ™s about saying "yesâ • to you and your health. Itâ ™s about saying "yesâ • 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 donâ ™t have to face that alone. Nixon has been successfully living the Happy Herbivore lifestyle for years and during that time, sheâ ™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 wonâ ™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 youâ ™ve been waiting for to help you transform your life through plant-based eating.

Book Information

Paperback: 280 pages

Publisher: BenBella Books (May 5, 2015)

Language: English

ISBN-10: 1941631002

ISBN-13: 978-1941631003

Product Dimensions: 7 x 0.7 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviews (107 customer reviews)

Best Sellers Rank: #38,142 in Books (See Top 100 in Books) #63 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #86 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #701 in Books > Health, Fitness & Dieting >

Diets & Weight Loss > Other Diets

Customer Reviews

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.

The Happy Herbivore Guide to Plant-Based Living is a good starting point for people who are interested in eating a meat-free and dairy-free diet without eating a bunch of fake things. There are no recipes. It is about how to deal with external influences (social situations, etc.) and problem solving such as food substitutes and feeding kids. If you have read books like the China Study or other heavy "sciency" books this will feel like a light read, If you feel well-grounded and know what you are doing, this book might be beneath your level of expertise. If you "know" what you are supposed to do but can't quite stick to it, reading this book may help. It is a quick read. It only took me 2-3 hours split up over the last day or so. The conversational tone made me lose track of the time that I spent reading. There is no "conclusion", after some troubleshooting topics--wham! appendix. Just like my review.

The doctors, scientists and documentaries may have convinced you about the benefits of whole food, plant based eating (WFPB). There is still a gap, however, between treating it as a diet plan and making it your lifestyle. Lindsay Nixon is ready to show you the way. After years of developing Happy Herbivore, I'm sure that there is nothing about the WFPB lifestyle that she has not thought about or addressed with those who have asked. In her easy to read and approachable style Lindsay has gathered together a "Best Of" collection of advice and resources to help those who are serious about making the change from the Standard American Diet to the WFPB lifestyle. From travel to resources, philosophies and "unmentionables", Lindsay doles out practical advise for every situation. If you are not a Happy Herbivore fan already, I'm sure you will be by the time you finish this book. Most importantly, you'll meet in these pages a woman who is committed to making a difference in the lives of others. That alone is worth the price of admission.

How have I been a plant-based eater for seven months without knowing about Lindsay Nixon? Fortunately my husband introduced her to me on Mother's Day with Happy Herbivore light & lean. I was so thrilled with that book (made two recipes within four hours of receiving it) that I looked for more. Imagine my delight when I learned this book was to be released today!!! My husband pre-ordered it last night, I opened my iPad this morning and read the entire book. What a great help as I relate to others and continue this healthy life-style. Lindsay makes healthy eating easy and fun!!!

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 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.

If you are considering becoming vegan and want to know more about it, then this book would be good for you. It IS NOT a cookbook. I purchased the kindle version and there were some links to recipies on her website but that was it. It does list some common meals that are vegan (like PB&J) so beginners can start right away. And there are some lists of resources for newbies. I just wanted recipies. I thought there would be at least a handful, but there was not so I returned it.

I wish this was in hard copy. I want to give a book to everyone I know. Lindsay is the best at giving simple, clear and easy to understand information.

Download to continue reading...

The Happy Herbivore Guide to Plant-Based Living Everyday Happy Herbivore: Over 175

Quick-and-Easy Fat-Free and Low-Fat Vegan Recipes The Happy Herbivore Cookbook: Over 175

Delicious Fat-Free and Low-Fat Vegan Recipes Happy Herbivore Light & Lean: Over 150

Low-Calorie Recipes with Workout Plans for Looking and Feeling Great Alkaline Diet Cookbook:

Breakfast Recipes: Insanely Good Alkaline Plant-Based Recipes for Weight Loss & Healing

(Alkaline Recipes, Plant Based Cookbook, Nutrition) (Volume 1) Vegan Raw Food Cookbook Part 2:

More Mouth-Watering and Nutritious Recipes for Body & Mind Wellness (Plant Based, Plant Based Recipes, Alkaline, Raw Vegan) Vegan: 31 Affordable Plant-Based Vegan Diet Recipes (vegan diet, plant based, vegan cook book, oil free) MINDFULNESS: The Bullshit Free Guide To Living a Ridiculously Happy Life - How To Be Present, Peaceful & Content (Transcendental Meditation, Yoga Poses, ... Stress Reduction, How to be Happy) Alkaline Cookbook: Alkaline Satisfaction!: 50+ Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) How to Love Yourself: How to Have More Self-Confidence & Start Living Your Life to Be Happy Again (How to Love Yourself, Feel Confident and Be Happy Book 2) Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) RV: Rv Living And Rv Boondocking Guide For Beginners: Discover Tips, Tricks And Space Hacks To Live Free And Happy In A Van, Car Or Any Other Motorhome ... Living, Off the Grid) The Rawsome Vegan Cookbook: A Balance of Raw and Lightly-Cooked, Gluten-Free Plant-Based Meals for Healthy Living Coastal Living Beach House Happy: The Joy of Living by the Water Home Based Business Escape Plan: How To Make \$10,000 Per Month With Your Own Part-Time, Online Lifestyle Business: Home Based Business Ideas (Home Based Business Opportunities) A Short and Happy Guide to Contracts (Short and Happy Series) A Short and Happy Guide to Bankruptcy (Short and Happy Series) Short and Happy Guide to Business Organizations (Short and Happy Series) Epstein, Markell and Ponoroff's A Short and Happy Guide to Contracts (Short and Happy Series) A Short and Happy Guide to Property (Short and Happy Series)

<u>Dmca</u>