



# Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately

*Colleen Patrick-Goudreau*

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"Full of wisdom, intelligence, and thoughtfulness, *Vegan's Daily Companion* is one of those books that inspires you to be a better person with each page you read."—John Robbins, bestselling author of *The Food Revolution*, *Diet for a New America*, and *The New Good Life*

"An unfettered, unabashed daily affirmation of the joy of being vegan. An invitation and a promise, a process and a guide for creating a compassionate world. And some darn good recipes, too!"—Carol J. Adams, author of *The Sexual Politics of Meat*

"As a vegan advocate for nearly two decades, I was pleasantly surprised to learn a wealth of brand new and fascinating information in this completely unique book that combines practical tips and insightful wisdom for eating healthfully and living joyfully. Full of stunning photos and interesting facts about animals in history and literature, this is a fantastic resource for vegans as well as for curious, compassionate non-vegans."—Melanie Joy, Ph.D., author of *Why We Love Dogs, Eat Pigs, and Wear Cows*

Live a joyful, compassionate life, every day of the year with Colleen Patrick-Goudreau's new-in-paperback guide, *Vegan's Daily Companion*!

**Mondays: For the Love of Food** – A celebration of familiar and not-so-familiar foods to spark enthusiasm for eating healthfully.

**Tuesdays: Effective Communication** – Techniques and tactics for speaking on behalf of veganism effectively and compassionately.

**Wednesdays: Optimum Health for Body, Mind, and Spirit** – Care and maintenance for becoming and remaining a joyful vegan.

**Thursdays: Animals in the Arts: Literature, Film, Painting** – Inspiration across the ages that reflects our consciousness of and relationship to non-human animals.

**Fridays: Stories of Hope, Rescue, and Transformation** – Heartening stories of people who have become awakened and animals have found sanctuary.

**Saturdays + Sundays: Healthful Recipes** – Favorite recipes to use as activism and nourishment.

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#### **Sean Mills:**

Playing with family within a park, coming to see the marine world or hanging out with buddies is thing that usually you have done when you have spare time, in that case why you don't try point that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately, you are able to enjoy both. It is fine combination right, you still wish to miss it? What kind of hang-out type is it? Oh can happen its mind hangout fellas. What? Still don't have it, oh come on its named reading friends.

#### **Opal Moffett:**

Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately can be one of your beginning books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort to get every word into satisfaction arrangement in writing Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately nevertheless doesn't forget the main point, giving the reader the hottest as well as based confirm resource info that maybe you can be one of it. This great information could drawn you into

brand-new stage of crucial imagining.

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