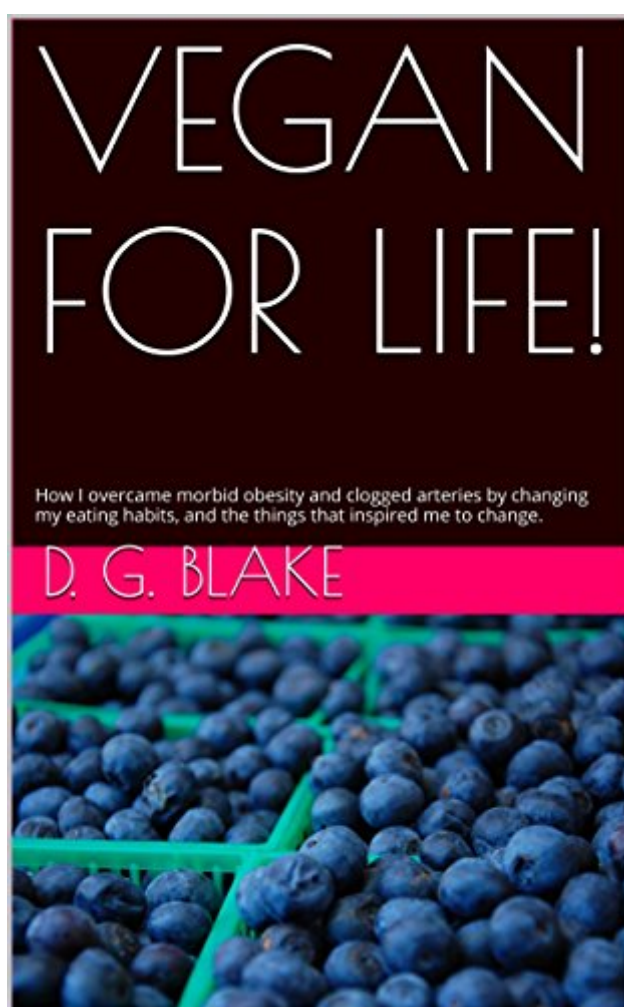


The book was found

VEGAN FOR LIFE!: How I Overcame Morbid Obesity And Clogged Arteries By Changing My Eating Habits, And The Things That Inspired Me To Change.



Synopsis

A how-to book for people to encourage them and instruct them in transitioning to a plant-based diet and life-style. Also covers music therapy, positive spiritual practices, and EMDR therapy to help conquer Binge Eating Disorder. I hope someday you'll join us on this Vegan journey, "Dear Reader". The awakening can be painful- I know, I've been there and done that, with tears streaming down my face as I watched the horrors of slaughterhouses.

Book Information

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