



The Daily Vegan: A Guided Journal, adapted from Vegan's Daily Companion by Colleen Patrick- Goudreau

Colleen Patrick-Goudreau

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Store your notes, journal entries, and daily recipes, substitutions, and to-do lists within the pages of this beautiful and inspirational journal. Inspiring, thoughtful and compassionate - this guided journal is the perfect tool for you to keep your thoughts, reflections, inspirations, recipes, to-do lists and more. Quotes and illustrations on each spread complement the helpful tips, anecdotes, and ideas from Colleen Patrick-Goudreau, author of the bestselling book, Vegan's Daily Companion. This guided journal is not only a useful tool, but the perfect keepsake for inner thoughts and love for animals.

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