



**Vegan: How To Be A Vegan In A Meat Eater's
World: The Vegan's Guide To Thriving And
Surviving (Natural Wellness Featuring Holistic,
Herbal and Plant Based Therapies & Veganism
Book 2)**

Mary Thibodeau

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Gain the Health, Personal, and Environmental Benefits of the Vegan Lifestyle

Vegan: How To Be a Vegan in a Meat Eater's World - The Vegan's Guide to Thriving and Surviving by Mary Thibodeau teaches you how to enjoy your vegan journey. You'll discover how to combat common misconceptions about the vegan diet, learn about veganism in our culture, and find security in your choice to become vegan with Mary's essential tips:

- Yes, I Get Enough Protein!
- Do You Really Need Milk for Strong Bones?
- The Differences Between Vegans and Vegetarians
- Vitamin B12 and Vegans

and so much more!

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When you download *Vegan: How To Be a Vegan in a Meat Eater's World - The Vegan's Guide to Thriving and Surviving*, you'll have access to Mary Thibodeau's wealth of knowledge about health and nutrition. Let her take you by the hand and explain how to enjoy greater energy and vitality as a vegan!

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Regina Laporte:

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