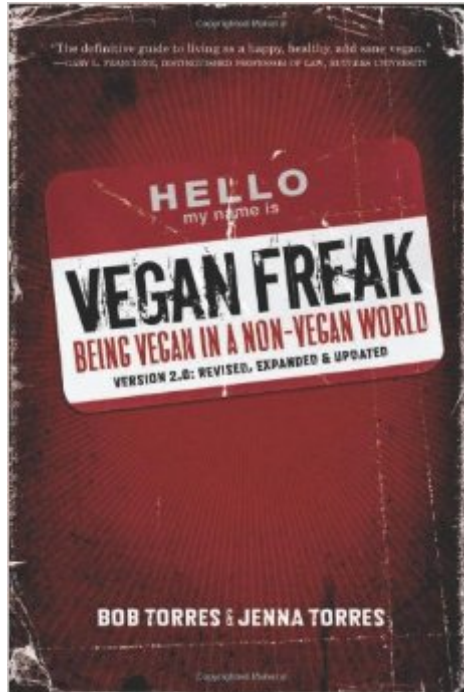


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# Vegan Freak: Being Vegan In A Non-Vegan World (Tofu Hound Press)



## Synopsis

In this informative and practical guide, two seasoned vegans offer tips and advice for thriving without animal by-products. Sometimes funny and irreverent yet always aware of its serious message, this resource for being vegan in a world that doesn't always understand or have sympathy for the lifestyle illustrates how to go vegan in three weeks or less by employing a 'cold tofu method'; convince family, friends, and others that there is no such thing as a vegan cult; and survive restaurants, grocery stores, and meals with omnivores. Also offering answers to questions such as 'Do you, like, live on apples and twigs?' this reference dispels myths and explains the arguments for ethical, abolitionist veganism, encouraging everyone to embrace their inner vegan.

## Book Information

Series: Tofu Hound Press

Paperback: 196 pages

Publisher: PM Press; Second Edition, Second edition edition (January 1, 2010)

Language: English

ISBN-10: 1604860154

ISBN-13: 978-1604860153

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars See all reviews (104 customer reviews)

Best Sellers Rank: #567,664 in Books (See Top 100 in Books) #275 in Books > Science & Math > Nature & Ecology > Animal Rights #316 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #923 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## Customer Reviews

First of all, I really thought this book was going to offer some valuable information or at the very least, a new insight for an old timer vegan like myself. I do like keeping a fresh perspective on the issues that I find important. Unfortunately, like many of the other reviewers, I was left disappointed. This book seemed a bit juvenile, and I kept thinking that I would have been more into it in my teen years, or even my early college years. It will also appeal to those who are really pissed off and have a huge vegan chip on their shoulder. This definitely isn't for the kind vegan or the first-time vegan newbie... and if you are new to veganism, please know that this is just one viewpoint and there are

plenty of other more expertly written books on how to become vegan that are much more welcoming, less negative, and less exclusive. For the seasoned vegan with a broad mind, pass this one up. Personally, I don't care for the black and white view of anything, and their all-or-nothing stance on veganism seems repellant. I believe that for any cause to be taken seriously, you have to drop the club cards and open the doors to everyone. It's interesting how they blame Oprah for inspiring people to take the cause less seriously as if it were a passing trend, and that may be true, but I don't see them doing much better as far as getting people to take the cause seriously with their writing style. The repetitive negative opinions grate on your nerves after a while, as do their unsuccessful attempts at wit and curse words (woo, we can say the eff word in print, how cool are we?) and I found myself zoning out halfway through chapter one.

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