



Generation V: The Complete Guide to Going, Being, and Staying Vegan as a Teenager (Paperback)

By Claire Askew

Tofu Hound Press, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Going vegan is the single most important thing you can do if you want to get serious about animal rights. Yet, going vegan isn't always easy when you're young. You're living under your parents' roof, you probably don't buy your own groceries, and your friends, family, and teachers might look at you like you're nuts. So, how do you do it? In this essential guide for the curious, aspiring, and current teenage vegan, Claire Askew draws on her years of experience as a teenage vegan and provides the tools for going vegan and staying vegan as a teen. Full of advice, stories, tips, and resources, Claire covers topics like: how to go vegan and stay sane; how to tell your parents so they don't freak out; how to deal with friends who don't get it; how to eat and stay healthy as a vegan; how to get out of dissection assignments in school; and tons more. Whether you're a teenager who is thinking about going vegan or already vegan, this is the ultimate...



READ ONLINE

[4.1 MB]

Reviews

This ebook is really gripping and fascinating. it had been writtern extremely perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Leopold Hills**

Totally among the finest publication I actually have at any time study. I am quite late in start reading this one, but better then never. I found out this publication from my dad and i suggested this pdf to discover.

-- **Karolann Deckow IV**