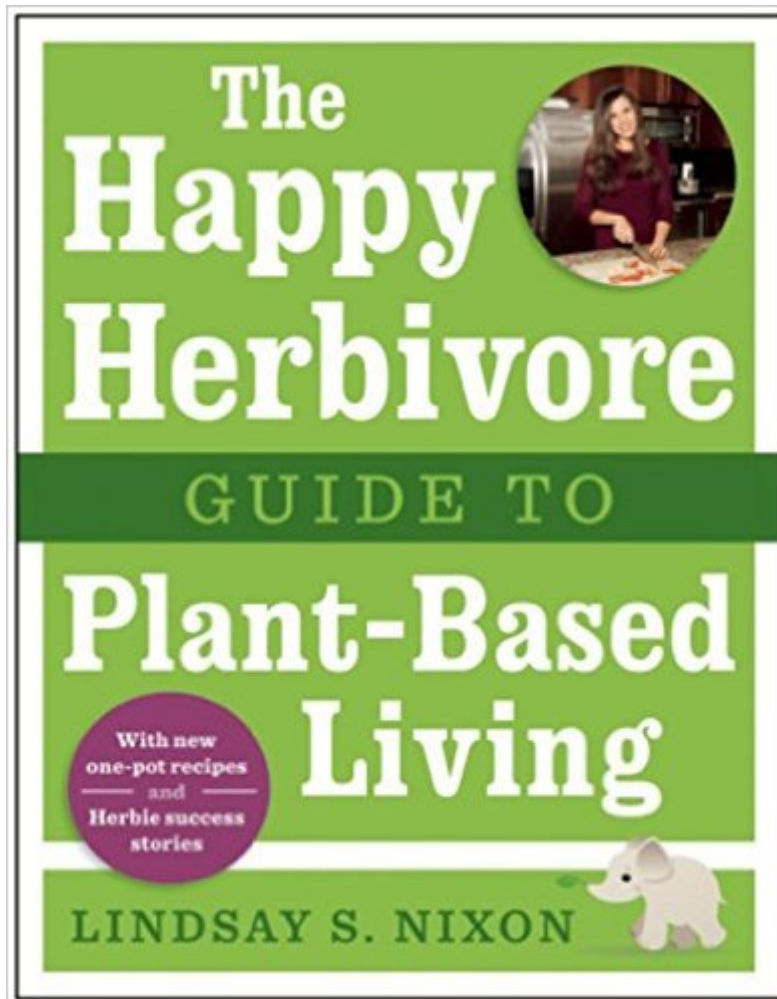


The book was found

The Happy Herbivore Guide To Plant-Based Living



Synopsis

In her latest Happy Herbivore book, Lindsay S. Nixon provides what her readers have been clamoring for—a practical, in-depth guide to living the plant-based lifestyle. A plant-based diet is not about saying “no” to a variety of foods. It’s about saying “yes” to you and your health. It’s about saying “yes” to whole, good-for-you foods that make you feel (and look!) great. Embracing any new lifestyle means changes, questions, and skeptics at your door. You don’t have to face that alone. Nixon has been successfully living the Happy Herbivore lifestyle for years and during that time, she’s helped thousands of clients make the transition. In Happy Herbivore Life, she expertly walks you through how to thrive as a happy herbivore, from making the transition to living plant-proud every day to overcoming objections from your family and friends. Nixon provides insight on key ingredients to include in your diet and exposes the myths concerning soy, carbs, fat, and protein. She offers tips on what to say to critical carnivores, how to live plant-based with a busy lifestyle, and ways to make easy substitutions in recipes that won’t change the texture and taste of your favorite dishes. Beautiful pictures and a sampling of new plant-based recipes accompany her savvy advice, plus testimonials from fans who have embraced the happy herbivore way and are loving the results. Happy Herbivore Life is the essential and ultimate guide you’ve been waiting for to help you transform your life through plant-based eating.

Book Information

Paperback: 280 pages

Publisher: BenBella Books (May 5, 2015)

Language: English

ISBN-10: 1941631002

ISBN-13: 978-1941631003

Product Dimensions: 7 x 0.7 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars — See all reviews (107 customer reviews)

Best Sellers Rank: #38,142 in Books (See Top 100 in Books) #63 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #86 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #701 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

I started the book this morning and finished before lunch. The book answered all the questions you

might be searching for on The Happy Herbivore website. This book would be one I would definitely give to someone thinking about going plant based or who has general questions about a plant based lifestyle. Nonjudgmental and recognizes people may be at different stages when going plant based or living a plant based lifestyle. Not once did I feel while reading as if someone was attacking my beliefs or the the way I live based on my decision to not consume animals or their products. I point this out too because lately I feel while reading a lot of books on plant based lifestyles or veganism that we can be our own worst enemies and telling people how bad they are because they are not committed to the lifestyle enough. In this book you will realize that it is progress, not perfection.

The Happy Herbivore Guide to Plant-Based Living is a good starting point for people who are interested in eating a meat-free and dairy-free diet without eating a bunch of fake things. There are no recipes. It is about how to deal with external influences (social situations, etc.) and problem solving such as food substitutes and feeding kids. If you have read books like the China Study or other heavy "sciency" books this will feel like a light read, If you feel well-grounded and know what you are doing, this book might be beneath your level of expertise. If you "know" what you are supposed to do but can't quite stick to it, reading this book may help. It is a quick read. It only took me 2-3 hours split up over the last day or so. The conversational tone made me lose track of the time that I spent reading. There is no "conclusion", after some troubleshooting topics--wham! appendix. Just like my review.

The doctors, scientists and documentaries may have convinced you about the benefits of whole food, plant based eating (WFPB). There is still a gap, however, between treating it as a diet plan and making it your lifestyle. Lindsay Nixon is ready to show you the way. After years of developing Happy Herbivore, I'm sure that there is nothing about the WFPB lifestyle that she has not thought about or addressed with those who have asked. In her easy to read and approachable style Lindsay has gathered together a "Best Of" collection of advice and resources to help those who are serious about making the change from the Standard American Diet to the WFPB lifestyle. From travel to resources, philosophies and "unmentionables", Lindsay doles out practical advice for every situation. If you are not a Happy Herbivore fan already, I'm sure you will be by the time you finish this book. Most importantly, you'll meet in these pages a woman who is committed to making a difference in the lives of others. That alone is worth the price of admission.

How have I been a plant-based eater for seven months without knowing about Lindsay Nixon? Fortunately my husband introduced her to me on Mother's Day with Happy Herbivore light & lean. I was so thrilled with that book (made two recipes within four hours of receiving it) that I looked for more. Imagine my delight when I learned this book was to be released today!!! My husband pre-ordered it last night, I opened my iPad this morning and read the entire book. What a great help as I relate to others and continue this healthy life-style. Lindsay makes healthy eating easy and fun!!!

As another reviewer mentioned this is a book for beginners but perhaps that is its brilliance. It is the person new to this subject that needs the message the most. I am not a beginner to the subject but this book was a very good reminder to the reasons health wise and conscience wise to eat plant-based. I share my my review because I really do think it is important to stop eating meat, but that is just my opinion. It's not easy, I struggle myself.

I love Lindsay's books, and have them all. But this is my least favorite. It spends too much time trying to sell you on her meal plans, and it's really heavy handed about doing so. It has some good tips, so it's not a complete waste of money, but I didn't find it all that valuable.

If you are considering becoming vegan and want to know more about it, then this book would be good for you. It IS NOT a cookbook. I purchased the kindle version and there were some links to recipies on her website but that was it. It does list some common meals that are vegan (like PB&J) so beginners can start right away. And there are some lists of resources for newbies. I just wanted recipies. I thought there would be at least a handful, but there was not so I returned it.

I wish this was in hard copy. I want to give a book to everyone I know. Lindsay is the best at giving simple, clear and easy to understand information.

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