



Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately

By Colleen Patrick-Goudreau

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Live a joyful, compassionate life, every day of the year with Colleen Patrick-Goudreau's guide, *Vegan's Daily Companion*!

Mondays: For the Love of Food – A celebration of familiar and not-so-familiar foods to spark enthusiasm for eating healthfully.

Tuesdays: Effective Communication – Techniques and tactics for speaking on behalf of veganism effectively and compassionately.

Wednesdays: Optimum Health for Body, Mind, and Spirit – Care and maintenance for becoming and remaining a joyful vegan.

Thursdays: Animals in the Arts: Literature, Film, Painting – Inspiration across the ages that reflects our consciousness of and relationship to non-human animals.

Fridays: Stories of Hope, Rescue, and Transformation – Heartening stories of people who have become awakened and animals have found sanctuary.

Saturdays + Sundays: Healthful Recipes – Favorite recipes to use as activism and nourishment.



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Editorial Review

Review

“An unfettered, unabashed daily affirmation of the joy of being vegan. An invitation and a promise, a process and a guide for creating a compassionate world. And some darn good recipes, too!” —Carol J. Adams, author of *The Sexual Politics of Meat*

“Though this book is geared towards vegans, it is really a guide for anyone and everyone who wants to live mindfully, compassionately, and healthfully. Full of wisdom, intelligence, and thoughtfulness, *The Vegan's Daily Companion* is one of those books that inspires you to be a better person with each page you read.” —John Robbins, bestselling author of *The Food Revolution*, *Diet For a New America*, and *The New Good Life*

“From the exquisite photographs to the reader-friendly, daily-message format, Vegan's Daily Companion may be the most complete guide to a cruelty-free, go-green, love-your-body and heal-the-planet lifestyle ever written. I want one copy for my kitchen and another for my coffee table.” —Victoria Moran, author of *The Love-Powered Diet* and *Creating a Charmed Life*

“As a vegan advocate for nearly two decades, I was pleasantly surprised to learn a wealth of brand new and fascinating information in this completely unique book that combines practical tips and insightful wisdom for eating healthfully and living joyfully. Full of stunning photos and interesting facts about animals in history and literature, this is a fantastic resource for vegans as well as for curious, compassionate non-vegans.” —Melanie Joy, Ph.D., author of *Why We Love Dogs, Eat Pigs, and Wear Cows*

About the Author

A recognized expert and thought leader on the culinary, social, ethical, and practical aspects of living vegan, **Colleen Patrick-Goudreau** is an award-winning author of seven books, including the bestselling *The Joy of Vegan Baking*, *The Vegan Table*, *Color Me Vegan*, *Vegan's Daily Companion*, *On Being Vegan*, and *The 30-Day Vegan Challenge*. She is an acclaimed speaker and beloved host of the inspiring podcast "Food for Thought," which was voted Favorite Podcast by *VegNews* magazine readers.

Colleen has appeared on national and regional TV programs--including the Food Network, CBS, PBS, and FOX. Interviews with her have been featured on NPR, Huffington Post, U.S. News and World Report, The Chicago Tribune, The Miami Times, Pacifica Radio, and Rodale News--and in countless publications, blogs, and podcasts.

Her recipes have been featured on Epicurious.com and Oprah.com, and she is a featured guest on Delicious TV's Vegan Mashup, a program that recently aired on public television in 41 states. Colleen is a regular contributor to Perspectives on KQED, NPR's San Francisco affiliate, which reaches 830,000 listeners weekly.

Users Review

From reader reviews:

Mary Burnette:

Here thing why this particular Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately are different and trusted to be yours. First of all reading through a book is good nonetheless it depends in the content from it which is the content is as delicious as food or not. Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately giving you information deeper and in different ways, you can find any reserve out there but there is no guide that similar with Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately. It gives you thrill looking at journey, its open up your own personal eyes about the thing in which happened in the world which is might be can be happened around you. It is easy to bring everywhere like in park your car, café, or even in your means home by train. In case you are having difficulties in bringing the paper book maybe the form of Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately in e-book can be your alternative.

Thelma Olivares:

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Mary Banks:

This Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately is brand new way for you who has attention to look for some information mainly because it relief your hunger details. Getting deeper you into it getting knowledge more you know otherwise you who still having bit of digest in reading this Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately can be the light food to suit your needs because the information inside this specific book is easy to get by anyone. These books build itself in the form that is reachable by anyone, sure I mean in the e-

book form. People who think that in publication form make them feel drowsy even dizzy this book is the answer. So you cannot find any in reading a guide especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the idea! Just read this e-book kind for your better life in addition to knowledge.

David Auman:

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