



Vegan liberi tutti (iSaggi) (Italian Edition)

Giuseppe Coco

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La dieta vegan è utile per la salute, favorisce la longevità e previene malattie metaboliche e patologie del benessere. Ma non è tutto. È una scelta etica ed evolutiva oltre che l'unica opzione per far sopravvivere il pianeta, ridurre la disparità sociale ed evitare lo sfruttamento e la morte di esseri senzienti quali sono gli animali.

Questo libro, però, non è solo un saggio sulle ragioni della scelta vegan ma anche una raccolta di consigli alimentari che fanno venire l'acquolina in bocca.

“Il veganismo non è una dieta. Non è un regime alimentare restrittivo. È una visione diversa della vita, a tutto tondo”. (Stefano Momentè)

“Nella stratosferica lotta per i diritti animali, il campo dell’alimentazione è quello in cui ognuno di noi, oggi stesso, può apportare un personale e fondamentale contributo, spostando il focus dell’interesse dalla propria pancia e dalla propria testa e dal proprio cuore a quelli speculari degli altri animali. Decidendo una volta per tutte in quale mondo vogliamo vivere”. (Anna Maria Manzoni)

Con il patrocinio di Progetto Vivere Vegan e Vegan Ok

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From reader reviews:

Rose Waldman:

Exactly why? Because this Vegan liberi tutti (iSaggi) (Italian Edition) is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will surprise you with the secret it inside. Reading this book alongside it was fantastic author who have write the book in such remarkable way makes the content on the inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of rewards than the other book have got such as help improving your skill and your critical thinking approach. So , still want to delay having that book? If I have been you I will go to the book store hurriedly.

Joseph Thomas:

The book untitled Vegan liberi tutti (iSaggi) (Italian Edition) contain a lot of information on it. The writer explains the woman idea with easy means. The language is very easy to understand all the people, so do definitely not worry, you can easy to read the idea. The book was compiled by famous author. The author gives you in the new age of literary works. You can read this book because you can keep reading your smart phone, or product, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a nice go through.

John Ray:

Is it you who having spare time in that case spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something totally new? This Vegan liberi tutti (iSaggi) (Italian Edition) can be the reply, oh how comes? The new book you know. You are thus out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

Richard Russell:

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