

Vegans Daily Companion Inspiration Compassionately

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## Summary:

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Vegan's Daily Companion - Colleen Patrick-Goudreau Vegan's Daily Companion. Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately is a beautiful hardcover book organized as a day-minder, with entries creating a complete year's worth of information. Each of the year's fifty-two weeks has six entries. Vegan's Daily Companion: 365 Days of Inspiration for ... 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*. Vegan's Daily Companion - Home | Facebook Vegan's Daily Companion. 842 likes. 365 Days of Inspiration for Cooking, Eating and Living Compassionately.

Vegan's Daily Companion: 365 Days of Inspiration for ... "Full of wisdom, intelligence, and thoughtfulness, 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* "An unfettered, unabashed daily affirmation of the joy of being vegan. Vegan's Daily Companion by Colleen Patrick-Goudreau ... 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. *Vegan's Daily Companion* | Banyen Books & Sound "Full of wisdom, intelligence, and thoughtfulness, 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* "An unfettered, unabashed daily affirmation of the joy of being vegan.

vegans\_daily\_companion - Dianne's Vegan Kitchen Hi! I'm Dianne and I am a Holistic Health Counselor, Vegan Lifestyle Coach, Plant-Based Diet Nutrition Specialist, and Plant-Based Chef. I offer group and individual nutrition and lifestyle coaching programs to people across the U.S., and I teach cooking classes in Northern New Jersey. 'Vegan's Daily Companion' Book | PETA Colleen Patrick-Goudreau's latest book, the Vegan's Daily Companion, offers inspiration for cooking, eating, and living compassionately. If you're looking for some insight into a vegan lifestyle, you've come to the right place.

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