



How And Why Become VEGAN - The Secrets Revealed

Melissa LANE

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We all hear more and more about vegans and the vegan diet, which is known to slim people down overnight. But what really is veganism and how does it work in terms of weight loss? Or does it really work? This book is here to answer to these questions, plus many more, as veganism is surrounded by lots of misconceptions and myths that can easily lead you to a faulty view upon this lifestyle. Being a vegan is not about just eating vegetables, but true veganism extends to all the areas of your life, which is a lesser known fact. If you want to know what are the real benefits of being a vegan and how to dive into this concept, follow the guide !



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