



THE VEGAN SOURCEBOOK

EVERYTHING YOU NEED TO KNOW ABOUT:

- VEGAN ETHICS AND LIFESTYLE CHOICES
- SOCIAL, ENVIRONMENTAL AND PSYCHOLOGICAL PERSPECTIVES
- HOUSEHOLD AND PERSONAL CARE PRODUCTS
- NUTRITIONAL GUIDELINES, RECIPES, MENUS, AND SUBSTITUTIONS
- RESOURCES, ORGANIZATIONS, AND PUBLICATIONS

JOANNE STEPANIAK, M.S.ED.

Vegan Sourcebook

Michael Rajnik



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