

Vegan Betrayal Hunger Plants Only World

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## Summary:

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Vegan Betrayal: Love, lies, and hunger in a plants-only ... Science meets sensuality in this penetrating examination of veganism, its scant history, dazzling health claims, fiery proponents, and growing throngs of disillusioned drop-outs. If you've ever wondered whether a plants-only diet is right for you, your son, daughter or significant other, Vegan Betrayal answers all your questions. Vegan Betrayal: Love, Lies, and Hunger in a Plants-Only ... Science meets sensuality in this penetrating examination of veganism, its scant history, dazzling health claims, fiery proponents, and growing throngs of disillusioned drop-outs. If you've ever wondered whether a plants-only diet is right for you, your son, daughter or significant other, Vegan Betrayal answers all your questions. Mara Kahn: "Vegan betrayal: Love, lies, and hunger in a ... Mara Kahn, author of Vegan Betrayal: Love, Lies, and Hunger in a Plants-Only World, delves deep into the history and science of veganism, revealing many oft-ignored facts about this strictly plant-based diet.

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