

Vegan Freak: Being Vegan in a Non-Vegan World



In this down-to-earth and entertaining guide, Bob and Jenna Torres not only convince you that you have to go vegan today, they also give you what you need to live as a healthy and happy vegan for the rest of your life. - Gary L. Francione, distinguished professor of law, Rutgers University Wherever one falls on the meat-eater to vegan continuum, you need to make the Torres duo your truth-speaking, profanity-spewing, tough-loving pals. They will move you closer to ethical veganism. - Feminist Review In this informative and practical guide, two seasoned vegans offer tips and advice for thriving without animal by-products. Sometimes funny and irreverent yet always aware of its serious message, this resource for being vegan in a world that doesn't always understand or have sympathy for the lifestyle illustrates how to go vegan in three weeks or less by employing a cold tofu method; convince family, friends, and others that there is no such thing as a vegan cult; and survive restaurants, grocery stores, and meals with omnivores. Also offering answers to questions such as Do you, like, live on apples and twigs? this reference dispels myths and explains the arguments for ethical, abolitionist veganism, encouraging everyone to embrace their inner vegan.

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