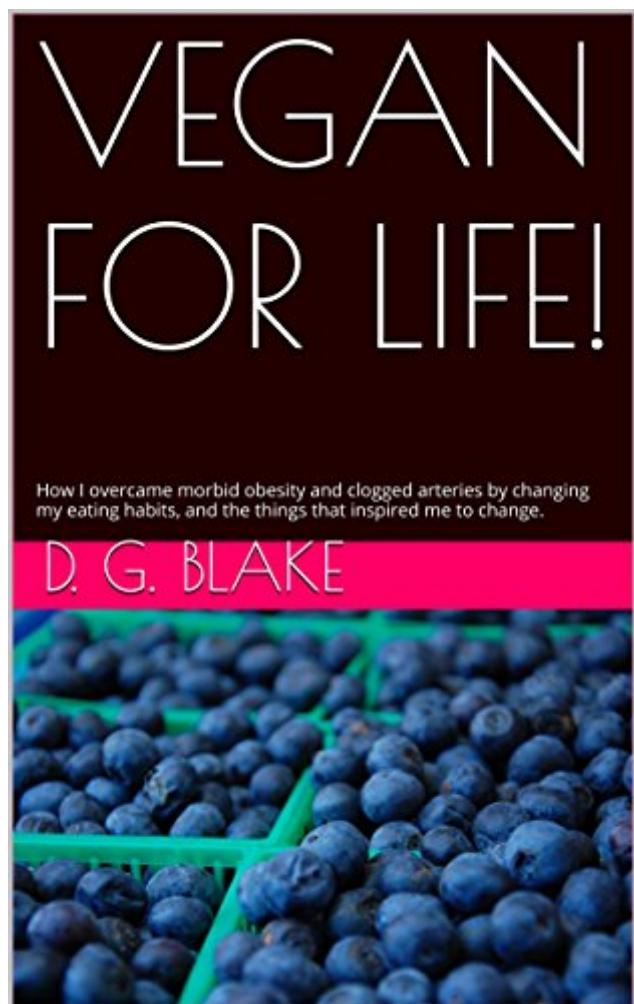


The book was found

VEGAN FOR LIFE!: How I Overcame Morbid Obesity And Clogged Arteries By Changing My Eating Habits, And The Things That Inspired Me To Change.



Synopsis

A how-to book for people to encourage them and instruct them in transitioning to a plant-based diet and life-style. Also covers music therapy, positive spiritual practices, and EMDR therapy to help conquer Binge Eating Disorder. I hope someday you'll join us on this Vegan journey, "Dear Reader". The awakening can be painful- I know, I've been there and done that, with tears streaming down my face as I watched the horrors of slaughterhouses.

Book Information

File Size: 3824 KB

Print Length: 26 pages

Publisher: Dorothy Gilmore Blake; 1 edition (May 29, 2016)

Publication Date: May 29, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01GDET6ZG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,105,461 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #228 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #678 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Eating Disorders & Body Image #1618 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders

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