



Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately

By Colleen Patrick-Goudreau

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Live a joyful, compassionate life, every day of the year with Colleen Patrick-Goudreau's guide, *Vegan's Daily Companion*!

Mondays: For the Love of Food – A celebration of familiar and not-so-familiar foods to spark enthusiasm for eating healthfully.

Tuesdays: Effective Communication – Techniques and tactics for speaking on behalf of veganism effectively and compassionately.

Wednesdays: Optimum Health for Body, Mind, and Spirit – Care and maintenance for becoming and remaining a joyful vegan.

Thursdays: Animals in the Arts: Literature, Film, Painting – Inspiration across the ages that reflects our consciousness of and relationship to non-human animals.

Fridays: Stories of Hope, Rescue, and Transformation – Heartening stories of people who have become awakened and animals have found sanctuary.

Saturdays + Sundays: Healthful Recipes – Favorite recipes to use as activism and nourishment.



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Editorial Review

Review

“An unfettered, unabashed daily affirmation of the joy of being vegan. An invitation and a promise, a process and a guide for creating a compassionate world. And some darn good recipes, too!” —Carol J. Adams, author of *The Sexual Politics of Meat*

“Though this book is geared towards vegans, it is really a guide for anyone and everyone who wants to live mindfully, compassionately, and healthfully. Full of wisdom, intelligence, and thoughtfulness, *The Vegan's Daily Companion* is one of those books that inspires you to be a better person with each page you read.” —John Robbins, bestselling author of *The Food Revolution*, *Diet For a New America*, and *The New Good Life*

“From the exquisite photographs to the reader-friendly, daily-message format, Vegan's Daily Companion may be the most complete guide to a cruelty-free, go-green, love-your-body and heal-the-planet lifestyle ever written. I want one copy for my kitchen and another for my coffee table.” —Victoria Moran, author of *The Love-Powered Diet* and *Creating a Charmed Life*

“As a vegan advocate for nearly two decades, I was pleasantly surprised to learn a wealth of brand new and fascinating information in this completely unique book that combines practical tips and insightful wisdom for eating healthfully and living joyfully. Full of stunning photos and interesting facts about animals in history and literature, this is a fantastic resource for vegans as well as for curious, compassionate non-vegans.” —Melanie Joy, Ph.D., author of *Why We Love Dogs, Eat Pigs, and Wear Cows*

About the Author

A recognized expert and thought leader on the culinary, social, ethical, and practical aspects of living vegan, **Colleen Patrick-Goudreau** is an award-winning author of seven books, including the bestselling *The Joy of Vegan Baking*, *The Vegan Table*, *Color Me Vegan*, *Vegan's Daily Companion*, *On Being Vegan*, and *The 30-Day Vegan Challenge*. She is an acclaimed speaker and beloved host of the inspiring podcast "Food for Thought," which was voted Favorite Podcast by *VegNews* magazine readers.

Colleen has appeared on national and regional TV programs--including the Food Network, CBS, PBS, and FOX. Interviews with her have been featured on NPR, Huffington Post, U.S. News and World Report, The Chicago Tribune, The Miami Times, Pacifica Radio, and Rodale News--and in countless publications, blogs, and podcasts.

Her recipes have been featured on Epicurious.com and Oprah.com, and she is a featured guest on Delicious TV's Vegan Mashup, a program that recently aired on public television in 41 states. Colleen is a regular contributor to Perspectives on KQED, NPR's San Francisco affiliate, which reaches 830,000 listeners weekly.

Users Review

From reader reviews:

Walter Jones:

Here thing why this specific Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately are different and reputable to be yours. First of all studying a book is good nevertheless it depends in the content than it which is the content is as tasty as food or not. Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately giving you information deeper including different ways, you can find any reserve out there but there is no e-book that similar with Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately. It gives you thrill studying journey, its open up your eyes about the thing that happened in the world which is probably can be happened around you. You can easily bring everywhere like in park, café, or even in your way home by train. If you are having difficulties in bringing the imprinted book maybe the form of Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately in e-book can be your substitute.

Kenneth Harrell:

Now a day those who Living in the era just where everything reachable by talk with the internet and the resources included can be true or not involve people to be aware of each details they get. How people have to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Examining a book can help men and women out of this uncertainty Information especially this Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately book because this book offers you rich information and knowledge. Of course the knowledge in this book hundred % guarantees there is no doubt in it you know.

Kevin Hamby:

Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or their very own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the reserve untitled Vegan's Daily Companion: 365 Days of Inspiration for Cooking,

Eating, and Living Compassionately can be good book to read. May be it can be best activity to you.

Steven Jones:

A lot of people always spent their particular free time to vacation or even go to the outside with them family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you want to try to find a new activity here is look different you can read a book. It is really fun for you. If you enjoy the book that you simply read you can spent the whole day to reading a guide. The book Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately it doesn't matter what good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. When you did not have enough space to create this book you can buy often the e-book. You can m0ore very easily to read this book through your smart phone. The price is not too costly but this book offers high quality.

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