

# BREAKING VEGAN

ONE WOMAN'S JOURNEY FROM  
VEGANISM, EXTREME DIETING,  
AND ORTHOREXIA TO A  
MORE BALANCED LIFE

INCLUDES  
A WHOLE-FOODS  
EATING PLAN + RECIPES

**JORDAN YOUNGER**

FOUNDER OF THE BALANCED MONDIE

*Jordan Younger*

**Breaking Vegan: One Woman's Journey from Veganism,  
Extreme Dieting, and Orthorexia to a More Balanced Life**



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Obtaining balance in life is usually an objective many of us strive to achieve. Furthermore, Jordan outlines an "anti-diet," whole-foods-based diet program featuring more than 25 quality recipes to greatly help inspire others to get similar balance within their own lives. These are questions that author and popular blogger Jordan Younger faced when she decided that her great, plant-based lifestyle simply wasn't employed in favor of her health anymore--and questions that you may end up being facing too. When our desire for "perfect health" trumps the rest, perhaps without us even realizing it? What goes on when our answer starts becoming the problem? But what happens when all that focus starts to dominate our lives? In *Breaking Vegan*, Jordan reveals how obsessive "healthy" dieting eventually led her to a diagnosis of orthorexia, or a focus on healthy food which involves other emotional factors and ultimately becomes dysfunctional, even dangerous. *Breaking Vegan* is about tolerance and forgiveness. Whether it's through a healthy diet plan, exercise regimen, mind-set, relationship, or other activity (or all of the above), we spend our times trying to end up being, and become, our best selves. In candid fine detail, Jordan shares what it was like to keep veganism, the downfall of her desire to attain nutritional perfection, and how she ultimately found her way to recovery. And eventually, forging one's own path toward happiness.



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Most of the reviews of the book are not fair, but this book is also not good. Maybe you have known somebody that really just headfirst into a phase for a while and then almost as quickly dropped interest? the author's encounter with disordered consuming and the author's decision to keep her then-newly acquired vegan way of living. You know the half-baked description they offered when asked about their sudden loss of interest? Many people make use of veganism to diet plan and lose weight and don't get enough nutrition due to it. It generally does not really make any sense, it seems a bit embellished, and overall it just looks more like a desperate attempt to save face than anything else. I read most of the reviews of this publication both before and after it, also to be honest, we don't think there's much honesty in 90% of the reviews here. The author dove into something resembling a vegan lifestyle, immediately built an identity around it, built a business around it (a business impacted by her decision to keep veganism that's referenced about as much as her wellness in this book) and then rapidly understood she was in over her head. Not especially compelling. At its core, this book is a "memoir" about somebody's very recent experiences about working through an eating disorder.. She understood something was wrong, her family knew something was incorrect, but she attempted to keep writing until her dangerously deficient diet plan became simply impossible to maintain with. Started and ended for the self. I have a problem in that the author of the book appears to have a real concern in differentiating what guidance she should listen to and what guidance he can safely pass on. This problem can be compounded by the actual fact that she also has a problem with determining causation. This book is extremely repetitive and could likely have been half as long and still illustrated the same points. Later in the reserve, her nutritionist offers to build vegan food plans and assures her that it might be possible to do so, however the author refuses for her own personal reasons. She is vapid. Calling this a book is usually a stretch. It was brave and likely a painful process to do so. I am happy Jordan is definitely well and she appears like a very good person, but there are much better created books on the subjects of consuming disorders, or memoirs generally. In one chapter it's some bizarre assertion that her "hormones were out of whack" that required animal products, and in another chapter she discovers herself actively denying that it is her "vegan diet" that is causing her health issues (with the implication that really was the issue, and that she was in denial.) And I assume I wouldn't have very much issue with the fact that the writer is selling a story that veganism was a significant part of her issue if she wasn't likely to great lengths to deny this extremely apparent truth. She shouldn't possess named the publication Breaking Vegan- it will have been known as Breaking Orthorexia. Which brings me back to my opening declaration about the friend that dove into jogging and then dropped it simply as quickly: I don't think the author of the publication is

directly addressing criticism because I don't think she can. I think that a lot of the negative reviews are fond of the title without considering the content, and a lot of the positive reviews derive from their perception of the author and not of the book. You can find obviously two completely separate subjects of this book; For instance, maybe they got into running for a few months and bought three pairs of running shoes, a bunch of different running clothes, posted about operating to Facebook on an hourly basis, built up their entire identification around running, and one day just stopped? I really believe that vegan lifestyles or lifestyles that are based manly entirely plant based food is very healing when used in a wholesome (non eating disorder) method. With out a solid connection between these two concepts, this reserve is just disjointed with no real standout qualities. And finally, the true elephant in the room here isn't whether the author uses the term "vegan" correctly or whether the name (and awful subtitle) of this book unfairly presents a poor watch of veganism, or if the author ever truly was vegan (which appear to be the primary complaints I've observed in the other evaluations.. The book is chock full of references to how she risked her business in doing so, and outlines very obviously that her revenue comes from selling things to her online following and accepting profit exchange for promotions and advertorial content. I think it's really clear that this book is just a vehicle for advertising and brand building and is not actually a genuine work in any sense of the term, which can be why I simply can't bring myself to find any worth in it or rate it a lot more than the absolute minimum. Potentially Triggering Read What concerns me about Younger's book--apart from the fact that it is not so well-written--is that there surely is simply not enough emphasis on recovery. Uninformed She thought being vegan is what made her so sick, she didn't have a balanced vegan diet! Whether one would go to a doctor and gets a medical diagnosis is a moot stage. Younger does not mention how she's dealt with her over-working out during her recovery journey, too, perhaps because (as you can inform from her blog) which has not been part of her trip thus far. I write never to attack Younger's publication so much concerning encourage visitors (and Younger herself, should ever she examine this review) that more considerable help is required to achieve full recovery from an ED. Younger seems to have attained partial recovery at this point, and I understand she says her trip continues to be continuing, but I want she would have been more open in what struggles she still has, because I get worried those experiencing an ED are certain to get the wrong impression. Full recovery Can be done. The book also contains some potentially triggering numbers/size comments, therefore be wary of that before you read. She's a self-obsessed whiner attempting to create a brand. Shrug Honestly, a fifty percent baked work that was probably quickly churned out to capitalize on a small media blitz. Bought because We was curious, and ED recovery stories are often extremely poignant and

insightful... that one just wasn't either. If that's what you are considering, others have done it far better. Orthorexia sufferers frequently display signs and symptoms of nervousness disorders that frequently co-occur with anorexia nervosa or other eating disorders. For this reason, I think the decision of words was extremely intentional -- once again, to capitalize. (I mean book.) was a classic diet, and not an ethical choice. That's what the majority of this book is about, and if that's what you would like to read, don't let me block the way.. Vapid Please do not take diet advice from this girl. Not the best I really wanted to such as this book. I do appreciate Jordan posting her story. I found her articles fun and easy to relate to so I figured I'd like the book. The simple fact is this reserve isn't perfectly written. I actually couldn't finish it since it seemed surface area level and a little over dramatic. And I guess if she would have been consistent in sticking to the "moving past nutritional restrictions was more important to me than other things" explanation, I'd totally have understood, it's just that she deviates from that tale several times and half-heartedly vaguely implies on several occasions in the publication that there is some level of medical requirement in eating animal products, and this is where in fact the story repeatedly goes off the rails. That is a problem as the author writes from a position of experience and authority, and it seems implied that she really wants to provide an example for people in similar situations to follow, however the reality of the problem is that her story just doesn't make any sense in parts: the very first page of the publication includes a disclaimer stating that she required veganism too much, but that she's not "bashing" veganism." Her choice of a vegan diet plan had nothing to do with her failing wellness. Seek professional help and don't waste your hard earned 6\$. It is extremely hard to believe its author was in a Master's system for writing. The composing is dull with limited vocabulary or explanation. Hoped for a good offering book with a big name. Simple mainly because that...For the author, "plant based veganism" (? Um..) The true elephant in the area is that book is quite obviously an attempt to win back again and maintain some little bit of relevance that the author lost when she made a decision to stop being vegan. I liked Jordan's blog page and instagram both when she was the "Blonde Vegan" and "Balanced Blonde". The writer would like to assert the importance of her "breaking vegan" (which should be apparent, since she titled the reserve that) but at the same time her story doesn't actually back again this up at all. Her trip appears relatable and she wields an excellent balance, in my own non-vegan opinion, of separating her decision to step away from veganism from the diet/way of life of veganism. She's clear that her approach to veganism didn't work for her- not that veganism is certainly inherently a poor or destructive diet. Nevertheless, beyond this, the writing is simply not good and reads just like a high school essay. I really do take issue with the title of the book, but only because the content

doesn't really justify the title. Next thing you understand she's discussing how quickly she began recovering after eating pet products, as though that's what the tipping stage was. The recipes by the end of the book are also, more often than not, not anything you'd see as part of a meal plan within an ED recovery system/from a nutritionist--so keep an eye on that and available to flexibility and adaptation of those recipes in case you are in treatment and want to try some of them. Veganism arguments apart, this book is certainly a Dear Diary accounts of a blogger trying to make a buck. In short, it had been just okay. Particularly if you're recovering from an eating disorder. The writing is boring with limited vocabulary or description. This book was an unfortunate purchase and I honestly wish I possibly could return it. Her writing also suggests her eating disorder falls even more appropriately into the realm of bulimia rather than to mention the actual fact her "recovery" is incomplete and treatment disjointed. Horrible book. The rest apart, she was starving herself in the name of healthful consuming, and that wasn't training for her. The entire basis because of this book isn't well-planned. Total waste. I am of the opinion that publication was an . To get upset about something unavoidable like this appears like a waste materials of hard work.. We am of the opinion that book was an effort to build on her brand that wasn't really founded in anything apart from a whim to jump on the influencer band wagon under the guise of 'interest and dreams'.. Probably Jordan should think about heading back to execute a short program in grammar and structure. As said below, its a baffled book with unstructured suggestions. I assume if your rush through writing something in a few weeks going to a deadline, this is the result- incomprehensible dribble- She had a feeding on disordered: " Orthorexia may be the ... She had a taking in disordered:" Orthorexia may be the term for a condition that includes outward indications of obsessive behavior in pursuit of a healthy diet plan. Needless to say, what sets this apart may be the veganism aspect. I wouldn't recommend it upon this basis alone apart from all the other controversy encircling it... Calorie restriction from the obsessive character of her orthorexia caused Most of her health problems. You can take any diet to an severe. I am aware she doesn't need negativity surrounding this reserve, but I don't believe she should certainly assume protection from criticism, and I don't think she's really straight addressed the meaningful criticism she's received so far, and I don't believe she's heading to. I believe naming it Breaking Vegan was a publicity measure to sale even more books. You CAN'T live on 800 calories a day via juice fasting or anything that can be calorie restricting.. Not really a moral move Jordan.. Copying what was trendy and pretending she was at the forefront of a growing industry ? What shocked me probably the most was that she said she began to study innovative writing at college but dropped out to pursue her 'dream' , nevertheless, this book is poorly written and edited! There is an effort to draw a relationship between the two, but

the book ultimately fails and doing this, and this is usually where the book stumbles. I am living proof that.. Come on... Just wrong She almost died about a "vegan diet" because you starved herself not really because she was vegan. "Breaking Vegan" can be that half-baked explanation in reserve form. It is extremely unfortunate that she is utilizing the tag of veganism to make money by spreading fake information. I hope she sees this one time. Younger also fails to recognize that her ED (eating disorder) behaviors and indeed her full-blown eating disorder was actually there long before her decision to become full-time vegan. I am vegan for a 12 months and I'm healthful as ever!



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