



VEGAN'S DAILY COMPANION

Q U A R T E R L Y

365 DAYS of **INSPIRATION** for **COOKING**,
EATING, and **LIVING COMPASSIONATELY**



COLLEEN PATRICK-GOUDREAU

Author of The Joy of Vegan Baking and The Vegan Table

Colleen Patrick-Goudreau

Vegan's Daily Companion



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Live a joyful, compassionate existence, every day of the year with Colleen Patrick-Goudreau's guide, *Vegan's Daily Companion*! Techniques and strategies for speaking on behalf of veganism efficiently and compassionately. **Fridays:** Stories of Wish, Rescue, and Transformation – **Tuesdays:** Effective Communication – **Mondays:** For the Love of Food – **Wednesdays:** Optimum Wellness for Body, Brain, and Spirit – Favorite recipes to make use of as activism and nourishment. **Thursdays:** Pets in the Arts: Literature, Film, Painting – Inspiration across the age range that reflects our awareness of and relationship to nonhuman animals. A celebration of familiar and not-so-familiar foods to spark enthusiasm for consuming healthfully. Heartening stories of people who have become awakened and pets have discovered sanctuary. **Saturdays + Sundays:** Healthful Quality recipes – Care and maintenance for becoming and remaining a joyful vegan.



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Good, But Excruciatingly Emotional This is a good book. I WOULD SAY IF ANYONE REALLY WANTS TO Begin THE VEGAN'S LIFE-STYLE BUY THIS Publication! I stumbled upon it when I was looking for plant-centered recipe books at the library (for my grandmother-in-law, not myself! We decided the best way to select a recipe was only to grab the book, let it open up, and thumb to another Saturday-Sunday recipe entry. Time One? I'm not really reading this content one per day time, I have to take big gulps and then put the book apart for awhile because so many of the animal stories are excruciatingly, wrenchingly emotional, and I don't endure well to that type of thing. I guess you can say I've a soft spot for animals and I'm sensitive to their suffering, making me the prospective audience for this book, but it also makes the book problematic for me to read. A wonderful contribution This is the first and only book I own by Colleen Patrick-Goudreau and I've owned it over a year so I've made my way completely it once. IS Can be THAT GOOD. It could be great support for anyone currently on the vegan route, but particularly ideal for anyone straddling the fence--struggling to commit to this way of eating. MICKEY Five Stars A must read! Included in these are nutrition and food specifics, recipes (I made a burger recipe and it was out of the world), heartwarming personal tales of vegan converts, and of course many pages devoted to the cause of animals. Colleen demonstrates a empathic sensitivity toward these powerless creatures who've no say in what happens to them. I experienced her heart on every web page. It really is abundantly clear she actually is a caring soul and feels deeply. I've appreciated it with apples, celery, carrots and crackers. The title is appropriate and well-earned. Recipes, stories, wisdom, gorgeous photos. As a previous New Yorker who got all caught up in the lifestyle vulture thing, I especially appreciate this facet of the publication. It lends creative depth and enlivens the material. It get this to book a first-rate, course act. It is simply one of the countless ways she keeps this from being a dry tome on the merits of good eating. This book is so lovely, it might easily be considered a coffee table book. This is a hardback that needs no dust jacket, because the style is printed directly into the cover of the reserve. You get nutrition specifics and recipes. Great for the Vegan-Curious This is actually the book that made me want to go vegan. Therefore, it would make a great gift for someone you care about. Even though you're at it, make sure to buy one for yourself, too. Perfect for new vegans This book got me on Day One. Let me back up. The Vegan's Daily Companion is a assortment of 365 essays and recipes, one a day. There's never a good time of day to read something that I believe will make me cry. In this entry Patrick-Goudreau describes the nutrition-dense vegetable and will be offering suggestions on how to make use of kale.). In short essays Patrick-Goudreau equips a new vegan with how exactly to talk about the vegan diet and lifestyle and shares stories and essays on the non-dietary aspect of veganism -- the animals. As a lover of literature, I'm enjoying the film and literary recommendations. And I really like that on the weekend -- when I really do most of my cooking -- there are recipes. Stories about animals which have been horribly abused, or descriptions of how they're slaughtered, or poems in regards to a wonderful animal who had no friends and is now dead. Lucky me! I landed on page 132 and discovered Nut Butter Dip (A. I TAKE ADVANTAGE OF FIT TO CLEAN ALL MY VEGETABLES. And I have since learned that Colleen Patrick-Goudreau is certainly a bit of a powerhouse herself. Crack Dip). One bite of this surprisingly spicy and sweet and savory creaminess and you will understand the addictive nature, too. I guess that is why she's called the compassionate cook. I highly recommend Vegan's Daily Companion for brand-new vegans. It addresses the spectral range of the vegan life-style. This is a thoroughly gorgeous publication, both visually and conceptually. She has also authored a number of other recipe-exclusive books. It really is full-color, printed on durable stock, and even includes a satin marker ribbon. What I can't stand is that so a lot of this content makes me

cry. Throughout the year you will find essays and recipes, categorized by day: Mon: For the Appreciate of Food Tuesday: Compassionate Communication Wednesday: Optimum Health for Body, Brain, and Spirit Thursday: Animals in the Arts: Literature and Film Friday: Stories of Wish, Rescue, and Transformation Saturday - Sunday: Healthful Recipes As anyone who has adopted a vegan diet for one yr and is obtaining herself more firmly in the ethical vegan camp, it's a terrific book. It provides a mix of recipes, in addition to inspirational stories of other's "why I proceeded to go vegan" stories. This book quite definitely encourages browsing and skimming, with short little anecdotes and tidbits. I believe this is a great reserve to possess in your vegan library to lend to additional veg-curious individuals. A. She's a vegan advocate who travels and provides speeches at various veg-friendly events. She's taught cooking food classes and offers her own podcast. And you are also lightly, and compassionately, reminded that it truly is about the pets. Definitely worth reading. Great present for a vegan in your life or to somebody who you need to inspire to become vegan for the animals, the earth and their own well being. Really enjoy colleen! She has an impressive knowledge of literature and film, and she lovingly reproduces both printing and cinematic types of sympathetic renderings of our animal friends. Really love this book. In fact, I purchased a copy of the for one of my vegetarian/vegan-curious co-employees and she also treasured it. VEGAN'S MEALS ARE THE ONLY WAY TO CONSUME AND BECOME HEALTHY AND WE Even now HAVE NO IDEA WHAT THEY PLACE ON THE VEGGIES. VEGAN'S COMPANION IS OK BUT NOT AS GOOD AS THE thirty day AND OTHER BOOKS WITH GREAT' MEAL PLANS. IT IS A GREAT BOOK AND I THIS FOR THE EVERYONE WHO WANTS TO GET HEALTHIER. I enjoy the photos, and the dishes, and the insights into how I can switch my speech patterns to be more compassionate.!! Kale!! It is a reserve of meditations you read one at a time, daily, on all aspects of the vegan life style. THEY SPRAY AND SOAK ALL THE VEGETABLES ON THE MARKET AND PROBABLY Increase SOMETHING FOR COLOR. Four Stars great way to start a new journey Five Stars I love this publication! I say, choose the book, but be prepared for a full-scale assault on your own most sensitive emotions. THE MARKETS DO NOT HAVE MANY VEGAN'S CHOICES OF LIVING. K. I SUGGEST YOU UTILIZE IT TO. The book targets recurring themes that are deftly and skillfully woven throughout, building a extremely strong case on her behalf vegan point of view. SO, WE ONLY SEE WHAT WE HAVE NO CHOICE BUT TO BUY! It's filled with great information and recipes and there's definitely plenty of food for thought. Beautiful book compiled by a person with a beautiful heart Beautiful book compiled by a person with a beautiful heart! Colleen provides excellent daily details. The daily chapters give a great snippet, doesn't take lengthy to read, and the info is thought provoking Good book, bad packaging I loved the reserve! Theres so much details inside its ideal for a beginner. What i didnt like was the product packaging. My book arrived in an unhealthy condition the corners were damaged as was the trunk cover.



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