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Descrizione fisica	1 online resource (163 pages)
Collana	The Big Idea
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Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Title Page -- About the Authors -- Other Titles of Interest -- Contents -- Milestones -- How to Read -- Introduction -- 1. The Evolution of Veganism -- 2. Why Go Vegan Today? -- 3. The Challenges of Veganism -- 4. A Vegan Planet -- Conclusion -- Further Reading -- Picture Credits -- Index -- Acknowledgments -- Copyright.
Sommario/riassunto	An insightful look at the arguments for and against universal adoption of a vegan diet and lifestyle.