



# 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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*By Colleen Patrick-Goudreau*

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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.

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#### **Ricky Streeter:**

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#### **Sean Scruggs:**

The guide with title Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately possesses a lot of information that you can discover it. You can get a lot of advantage after read this book. This particular book exist new knowledge the information that exist in this publication represented the condition of the world currently. That is important to yo7u to be aware of how the improvement of the world. This book will bring you throughout new era of the the positive effect. You can read the e-book on your smart phone, so you can read it anywhere you want.

#### **Theresa Nash:**

Precisely why? Because this Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately is an unordinary book that the inside of the book waiting for you to snap this but latter it will shock you with the secret this inside. Reading this book close to it was fantastic author who have write the book in such wonderful way makes the content on the inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of benefits than the other book have such as help improving your talent and your critical thinking method. So , still want to postpone having that book? If I had been you I will go to the guide store hurriedly.

**Jamila Coles:**

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