



## Vegetarian Life

*Elizabeth Ferber*

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## Vegetarian Life Elizabeth Ferber

Propelled by environmental, ethical and health reasons, today's teens are turning to vegetarianism in record numbers. This book offers them a comprehensive guide to everything from family pressures and social situations to recipes, resources, and famous veggies through history. Helpful, practical, and non-dogmatic, it's an ideal introduction for new vegetarians on how to cope in a carnivorous world.



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