



**So, Why become Vegan?: A. Nutritional Reasons,
B.Spiritual Reasons, C. Environmental Reasons, D.
Ethical Reasons, E. All of the above**

Sandra Kimler

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The latest, 3rd Edition promises to be the best. Have you ever wanted to flirt with veganism? Do you question your own path, whether it be nutritional, spiritual, environmental or ethical? So, Why Become Vegan takes you on a confronting and informative journey of which there may be no return. The shocking contents of this book reveal the simple truths that the author has come to understand in her life. A powerful read for those who love, care and bleed. Review by Dr Caitilin de Bérigny: Sandra's book is as insightful as it is life changing. So much so, I read it twice in 2 days! The author mounts a comprehensive argument to becoming vegan. This book helped to convince me to go from Vegetarian to Vegan through its factual and informative underpinnings. I highly recommend this book for anyone that cares about animals and is interested in the truth about their treatment. This book will blow your mind and help you to see the benefits of becoming vegan from a spiritual, ethical, nutritional and environmental standpoint. In 2012, the UN created a film in every major language urging humanity to embrace vegetarianism. Disturbingly, films like this and information is largely hidden due to the profits of major animals farming corporations. This book gives a rare insight into the truth and nature of animals and the suffering they endure. I highly recommend it for anyone that wants to raise their vibration and help transform humanity to include all beings as one.

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