



Sister Vegetarian's 31 Days of Drama-Free Living: Exercises and Recipes for a Healthy Mind, Body, and Spirit

Donna Beaudoin

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Are you, to paraphrase Fannie Lou Hamer, sick and tired of being sick and tired? In her lively and inspiring guide to living well, Donna Beaudoin?a.k.a. Sister Vegetarian?reports on how she lost weight, gained energy, and healed herself by finally embracing the vegetarian lifestyle that she'd attempted (and failed) to achieve many times in the past. Through a full month, Sister Vegetarian provides personal stories, practical tips, mouthwatering recipes, and empowering thoughts that will help you avoid the drama and negativity of family members, coworkers, and your own doubts as you set about supercharging your day by eating healthily, exercising with energy and joy, and becoming aware of your own strength.

Honest, compassionate, and spirited, *Sister Vegetarian's 31 Days of Drama-Free Living* is perfect for anyone who wishes to transition to a vegetarian or vegan diet, and needs a best friend to help them on their journey.

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Typically the book Sister Vegetarian's 31 Days of Drama-Free Living: Exercises and Recipes for a Healthy Mind, Body, and Spirit has a lot of knowledge on it. So when you read this book you can get a lot of advantage. The book was compiled by the very famous author. The author makes some research just before write this book. That book very easy to read you can find the point easily after perusing this book.

Deborah Hagan:

Reading can called mind hangout, why? Because if you find yourself reading a book especially book entitled Sister Vegetarian's 31 Days of Drama-Free Living: Exercises and Recipes for a Healthy Mind, Body, and Spirit your brain will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely can be your mind friends. Imaging each and every word written in a reserve then become one type conclusion and explanation this maybe you never get prior to. The Sister Vegetarian's 31 Days of Drama-Free Living: Exercises and Recipes for a Healthy Mind, Body, and Spirit giving you a different experience more than blown away the mind but also giving you useful details for your better life in this particular era. So now let us explain to you the relaxing pattern here is your body and mind will likely be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

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