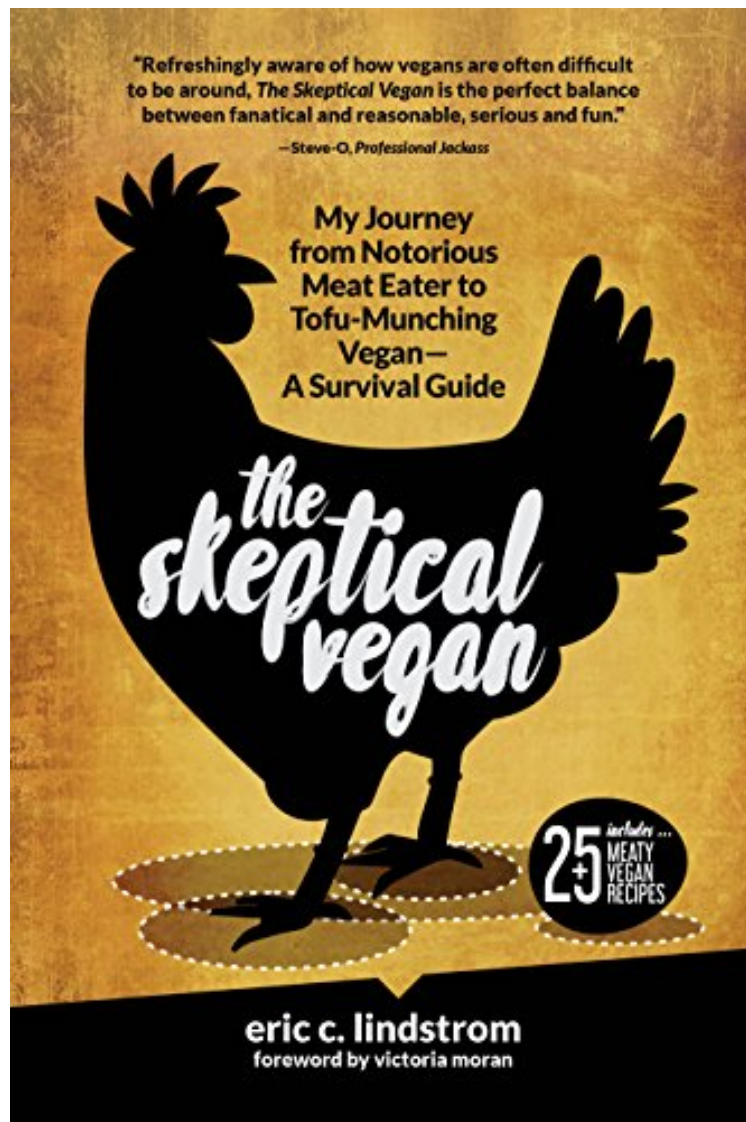


(Mobile book) The Skeptical Vegan: My Journey from Notorious Meat Eater to Tofu-Munching Vegan?A Survival Guide

The Skeptical Vegan: My Journey from Notorious Meat Eater to Tofu-Munching Vegan?A Survival Guide

Eric C. Lindstrom

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Eric C. Lindstrom : The Skeptical Vegan: My Journey from Notorious Meat Eater to Tofu-Munching Vegan?A Survival Guide before purchasing it in order to gage whether or not it would be worth my time, and all praised The Skeptical Vegan: My Journey from Notorious Meat Eater to Tofu-Munching Vegan?A Survival Guide:

6 of 6 people found the following review helpful. A must-read for vegans, vegetarians, or the veg-curious!By A New

Day Vegan If you're looking for a book that is full of valuable information and will make you laugh out loud throughout, this is the book for you. The author never claims his journey was easy but proves that anyone is capable of giving up animal products and loving it. The recipes at the end are tried-and-true and an excellent addition to seasoned vegans', new vegans', or even omnivores' collections! While many vegans will be able to relate to the author's journey, this book would also make an excellent gift for someone who is considering the vegan lifestyle. Anyone who says vegans don't have a sense of humor will definitely be proven wrong! 7 of 7 people found the following review helpful. Worth the read!! By M. M. Wilson Received this as a gift, and spent the weekend reading it. Funny, insightful and practical, lots of quotable passages and good advice. I'm already vegan, and the book rings true - from die-hard meat eater to vegan. And the very first recipe was a game changer - rice paper bacon! True, the book doesn't contain the marinade he uses, but once you have the concept you'll find tons of recipes on line. Trust me, it's worth it! 5 of 5 people found the following review helpful. From Omnivore (actually mostly Carnivore) to Herbivore By Marco Clupper Firstly this is a book about one person's journey in life so far and that in itself makes it a compelling read and worth checking out. Secondly while this book will obviously appeal to vegans I also like that it does a really good job of speaking to those who are maybe vegan-curious or to people who are just trying to understand the vegan people in their lives. After all it can only make the world a better place when we take the time to learn why people are who they are and voices like Eric's who has lived two very different lives has a perspective that we all can learn from. As a bonus there's also some very tasty sounding recipes included that I'll have to try and he even throws in some for those of us who need to avoid gluten. This was both a fun and informative read and would definitely recommend it!

Vegan Confessions of an Ex-Omnivore and His Survival Guide to Living Fully (Literally and Metaphorically). Growing up in an all-women household and coddled endlessly by his Italian mother and grandmother, Eric Lindstrom was nourished to obesity on meaty sauces, fried eggs, and butter-laden cookies. After spending the first half of his life as an adamant omnivore, Lindstrom went 100% vegan. Reluctantly. Overnight. From burgers to beets, from pork to parsnips. It's time for a down-to-earth book that proves anyone can go vegan (even someone who once ate sixty-eight chicken wings in a sitting). How can a man adopt a vegan approach? Won't he die of protein deficiency? What if he is married to a vegan woman? How would he order a salad at a Minnesota steakhouse? What should he bring to a gluten-free, nut-free, macrobiotic, nightshade-free, oil-free, vegan potluck (true story)? Part confession and part survival guide, *The Skeptical Vegan* explains how simple it really is to be vegan, covering topics from food and nutrition to social challenges and lifestyle. Snarky, witty, and opinionated to a fault, Lindstrom speaks as a male vegan, contesting the notion that "real men" should only eat meat. With twenty original "veganized" recipes including portobello steaks, carrot hot dogs, tofu wings, "meaty" chili, and cauliflower bites (which helped him shed thirty pounds), Lindstrom demonstrates how to take control of your diet while still eating "meatily" and taking into account the ethical considerations of living a better life for the animals, the environment, and yourself.

"Refreshingly aware of how vegans are often difficult to be around, Lindstrom has found the perfect balance between fanatical and reasonable, serious and fun. When you decide it's time to stop participating in mass cruelty and cultivating avoidable diseases—read this book. Lindstrom inspires us without feeling preachy, and educates us without being boring. *The Skeptical Vegan* is a fantastic starting out point for those looking to improve their physical, spiritual, and emotional health." —Steve-O, Jackass "If you're skeptical about a vegan lifestyle, Eric's witty stories and personal anecdotes will make you a true believer." —Matthew Modine, Actor, Birdy, Full Metal Jacket, Stranger Things "Eric's journey to veganism is an inspiring read. But it's his smart-ass sense of humor and relatable storytelling that makes this book tough to put down." —Richard Marx, singer, songwriter, musician "Clearly illustrates that veganism is sexy." —VegNews Magazine "Anyone who has ever wondered about veganism or who thinks it's impossible to go from complete carnivore to total vegan in one day will thoroughly enjoy *The Skeptical Vegan*. Part memoir, part vegan guide, . . . Lindstrom's illuminating tale tells of how a hilarious guy who used to think vegans were a bunch of inscrutable hippies made the journey via the express bus and never looked back (except at first). A funny and page-turning read!" —Sherry Colb, author of *Mind If I Order the Cheeseburger? And Other Questions People Ask Vegans* "With one part fact, one part inspiration, and two parts humor, Eric covers all the bases of transitioning to veganism in this guide. *The Skeptical Vegan* is bound to be a helpful resource for even the most cynical of potential vegans. He is an expert at making the reader feel like a welcome friend and veganism like the approachable, life-changing journey that it is." —Kristy Turner, chef and author of *But I Could Never Go Vegan!* "The *Skeptical Vegan* is so funny, you won't even notice it's changed your life until after that happens. Reading it was like getting a massage: great until it ended, and it made me mad that it didn't last longer." —Victoria Moran, author of *Main Street Vegan* and director of *Main Street Vegan Academy* "If Dave Barry and Erma Bombeck had a son, and he wrote a book about going from wing-devouring omnivore to vegan overnight, this would be the book. With equal parts sarcasm, honesty, and humor, Eric chronicles how he improved his life by changing his diet. What began as a bet, became a full-fledged commitment new, ethical, and compassionate way of life. . . . If you are already vegan, you will find yourself nodding your head as you read, and occasionally shouting 'YES!' and laughing at the jokes only vegans will understand. . . .

Eric proves that even the most die-hard meat eater can become vegan and love every minute of it." —Michael Suchman, co-founder of VeganMos.com and co-author of NYC Vegan "Striking just the right tone, *The Skeptical Vegan* inspires without evangelizing, informs without moralizing, and never forgets who the audience is. You'll think Eric was inside your head when he wrote this book because he asks every question you've ever had—and provides helpful answers to every one." —Colleen Patrick-Goudreau, *The 30-Day Vegan Challenge* and *The Joy of Vegan Baking* "Wit and wisdom from a down-to-earth dude, in a book that should be on the tip of your tongue every time a friend says, "So what's this vegan thing all about?" Not only is Lindstrom's refreshing voice relatable to current vegans, but it is accessible and welcoming to those who might be veg-curious, or dare I say, skeptical. An absolute delight!" —Brian L. Patton, vegan chef and author of *The Sexy Vegan Cookbook* (thesexyvegan.com) "A lighthearted, funny look at one man's transition to veganism." —Toronto Vegetarian Association