



Being Vegan: Living With Conscience, Conviction, and Compassion

Joanne Stepaniak

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In *Being Vegan*, renowned activist and award-winning on-line columnist Joanne Stepaniak presents the definitive Q&A primer on an often misunderstood life choice. Fielding questions from friends and foes, she describes how compassion, kindness, and mercy to animals can be integrated into everyday life. It covers living the vegan philosophy and ethic, discovering hidden animal products and ingredients, and more.

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