



Running, Eating, Thinking: A Vegan Anthology (Paperback)

By -

Lantern Books, US, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. There are books on food, sport, fictional characters, biographies of the famous and infamous, and writing about almost every imaginable subject. But this is the first book I've read that combines the philosophy of two of my favorite subjects, eating and running. What a joy to read what fifteen other vegan runners have to say about what motivates them, their values, and, very importantly, the benefits they, the animals, and our planet all get from being vegan runners! Read this book and enjoy meeting some extraordinary people! --Ruth E. Heidrich, Ph.D., author, *A Race for Life*, and Ironman triathlete. In recent years, endurance athletes, bodybuilders, and long-distance runners such as Ruth Heidrich, Scott Jurek, Rich Roll, Brendan Brazier, Robert Cheeke, and many others have destroyed the notion that you cannot be a top-flight competitor on a plant-based diet and upended the stereotype that veganism means weakness, placidity, and passivity. But are there deeper connections between veganism and running, for example, that reach beyond attaining peak performance to other aspects of being vegan: such as living lightly on the land, caring...



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Reviews

It is easy to read through easier to fully grasp. It had been written very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be the very best book for possibly.

-- Miss Marge Jerde

It is really a remarkable publication I actually have possibly study. It usually is not going to cost excessive. It's been written in an exceedingly basic way and is particularly only right after I finished reading this publication through which basically transformed me, affect the way I think.

-- Dr. Breana O'Kon

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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



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