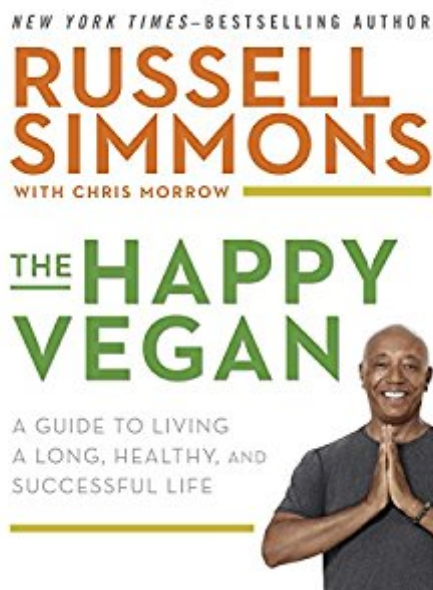


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The Happy Vegan: A Guide To Living A Long, Healthy, And Successful Life



Synopsis

Master entrepreneur, original hip-hop mogul, and three-time New York Times best-selling author Russell Simmons offers an inspiring guide to the benefits of conscious eating and veganism. In the New York Times best seller *Success Through Stillness*, Russell Simmons shared how meditation can be used as a powerful tool to access potential in all aspects of life, having seen himself how achieving inner peace led to outward success. In *The Happy Vegan*, Simmons shares how once he started practicing yoga and meditation, he became more conscious of his choices, particularly the choices he made regarding his diet. Simmons first adopted a vegetarian and then vegan diet and almost immediately began to experience the physical, mental, and emotional benefits of eating green and clean. He delves into research about mindful eating, the links between stress and poor eating habits, the importance of listening to your body, and the well-documented problems associated with eating animal products and processed foods along with tips on how to transition to a vegan diet. Drawing on his own experience, the experiences of others, and science and research on the health benefits of conscious eating and veganism, *The Happy Vegan* is an accessible and inspiring guide to help others make the move toward a vegan diet and a more successful, focused, and purposeful life.

Book Information

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#12 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #21

in Books > Audible Audiobooks > Health, Mind & Body > Health

Customer Reviews

I've been trying to live a plant based diet on and off for about a year now. It was working amazingly until I fell off while staying in the hospital with my mom as she died of cancer. I didn't have the

discipline, or the composure, to stay off meat and dairy while I was so worried about her. I read Russell's book after listening to a preview on Audible. The part about his mom passing really hit me, having just gone through that. Everything he mentions in the book is right on. My skin was shinier, I had lost 65 pounds(!), I didn't crave garbage food any more, I had way more energy than I've had in a long time, and all my ailments, including acid reflux, were gone. Now that I'm getting back into it after such a long lapse, I wanted something that inspired me like I had been when I first switched to a plant based diet. This definitely did it. He talks about the studies done overseas, away from the lobbying groups, that prove a dairy and meat heavy diet leads to cancer. He mentions the fact that a plant based diet can, just like it did for me, not only prevent but reverse bodily ailments. I like the fact that he goes over how to stay vegan while eating at normal restaurants like Burger King, answering objections or stereotypes that people may throw your way, and how to get going and start off easily down the road to plant based living. It was right up my alley and it's got me started back on a vegan lifestyle once again. I'm glad I picked this one up.

As a black woman who is vegan, I've read a ton of vegan books, and don't get me some were good and some not so good, but one thing they were NOT was relatable to me. Even though you know Russell Simmons is a millionaire the stuff he talks about in his book, in regards to his childhood and the foods he grew up on, it's soooo relatable. You just get him. I also love that as you read the book you don't feel like he has a hidden agenda to sell you vegan products or push some vegan diet plan. You feel like he honestly just cares about getting the message out about health and compassion. I will most definitely recommend this book to everyone I know.

I love the honest and passionate message in this book. I have given up red meat but I was not sure how to transition further. This book gave me the information I needed to move forward. I highly recommend this book.

Excellent, reaffirming, and enlightening! Russell did a great job of breaking it down and keeping it real! I'll likely read it again!

I struggled with giving up meat since everyone that I am around are meat eaters. This book gave me the strength to focus on my health and happiness rather than everyone else. To read about the abuse and Inhumane treatment of animals was also an incentive to stop encouraging the mistreatment of animals as well as, poisoning my own body with hate and toxicity that are forced

upon animals as I was ingesting the meat. If you truly want to be healthy and feel good about yourself, read this book and slowly make changes. I did. I feel great in comparison to how I felt before the read.

I'm a huge fan of Russell Simmons and I have two of his books so I was excited to order this one. I'm sure it's as great as the other two but what I was hoping to get out of the book, which was recipes and how to transition into a vegan lifestyle, didn't appear until the last chapter. I still look forward to his next book.

It's a great book to win people over. I was mistaken that there would be recipes, the way it came across on Dr. Oz. I've been veg since 1978, but I'd recommend still as an eye-opener.

If you care about your health, our planet, and have compassion for other living creatures, Russell Simmons delivers a very powerful message on how everyone can address them all every day.

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