



The Happy Herbivore Guide to Plant-Based Living

Lindsay S. Nixon

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In her latest Happy Herbivore book, Lindsay S. Nixon provides what her readers have been clamoring for—a practical, in-depth guide to living the plant-based lifestyle.

A plant-based diet is not about saying “no” to a variety of foods. It’s about saying “yes” to you and your health. It’s about saying “yes” to whole, good-for-you foods that make you feel (and look!) great.

Embracing any new lifestyle means changes, questions, and skeptics at your door. You don’t have to face that alone. Nixon has been successfully living the Happy Herbivore lifestyle for years and during that time, she’s helped thousands of clients make the transition. In *Happy Herbivore Life*, she expertly walks you through how to thrive as a happy herbivore, from making the transition to living plant-proud every day to overcoming objections from your family and friends.

Nixon provides insight on key ingredients to include in your diet and exposes the myths concerning soy, carbs, fat, and protein. She offers tips on what to say to critical carnivores, how to live plant-based with a busy lifestyle, and ways to make easy substitutions in recipes that won’t change the texture and taste of your favorite dishes.

Beautiful pictures and a sampling of new plant-based recipes accompany her savvy advice, plus testimonials from fans who have embraced the happy herbivore way and are *loving* the results.

Happy Herbivore Life is the essential and ultimate guide you’ve been waiting for to help you transform your life through plant-based eating.

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