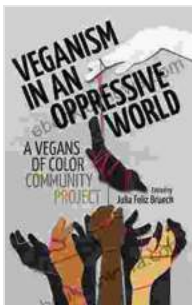


Veganism in an Oppressive World: A Guide to Surviving and Thriving

Veganism is a growing movement, but it can be difficult to live a vegan lifestyle in a world that is often hostile to our values. This book will provide you with the tools and resources you need to survive and thrive as a vegan in an oppressive world.

The Basics of Vegan Nutrition

The first step to living a healthy vegan lifestyle is to make sure you are getting the nutrients you need. This means eating a variety of whole foods, including fruits, vegetables, legumes, nuts, and seeds. It is also important to supplement with vitamin B12, which is not found in plant foods.



Veganism in an Oppressive World: A Vegans-of-Color Community Project by Julia Feliz Brueck

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2594 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 164 pages
Lending	: Enabled

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Here are some tips for getting the nutrients you need on a vegan diet:

- Eat a variety of whole foods from all food groups.
- Include plenty of fruits and vegetables in your diet.
- Eat legumes, nuts, and seeds for protein.
- Supplement with vitamin B12.

Dealing with Social Pressure and Discrimination

As a vegan, you will likely face some social pressure and discrimination. This can be difficult to deal with, but it is important to remember that you are not alone. There are many resources available to help you cope with these challenges.

Here are some tips for dealing with social pressure and discrimination:

- Find a support group or community of other vegans.
- Talk to your friends and family about your veganism.
- Educate yourself about veganism and be prepared to answer questions.
- Don't be afraid to stand up for yourself.

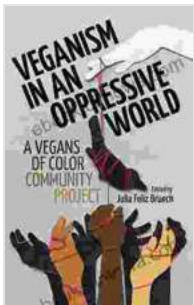
Thriving as a Vegan

Despite the challenges, it is possible to thrive as a vegan in an oppressive world. By following the tips in this book, you can learn how to get the nutrients you need, deal with social pressure and discrimination, and live a healthy and fulfilling life.

Here are some tips for thriving as a vegan:

- Make a plan for getting the nutrients you need.
- Find a support group or community of other vegans.
- Educate yourself about veganism and be prepared to answer questions.
- Be proud of your veganism and don't be afraid to share it with others.

Veganism is a powerful way to make a difference in the world. By choosing to live a vegan lifestyle, you are not only helping animals, you are also helping the planet and your own health. This book will provide you with the tools and resources you need to survive and thrive as a vegan in an oppressive world.



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