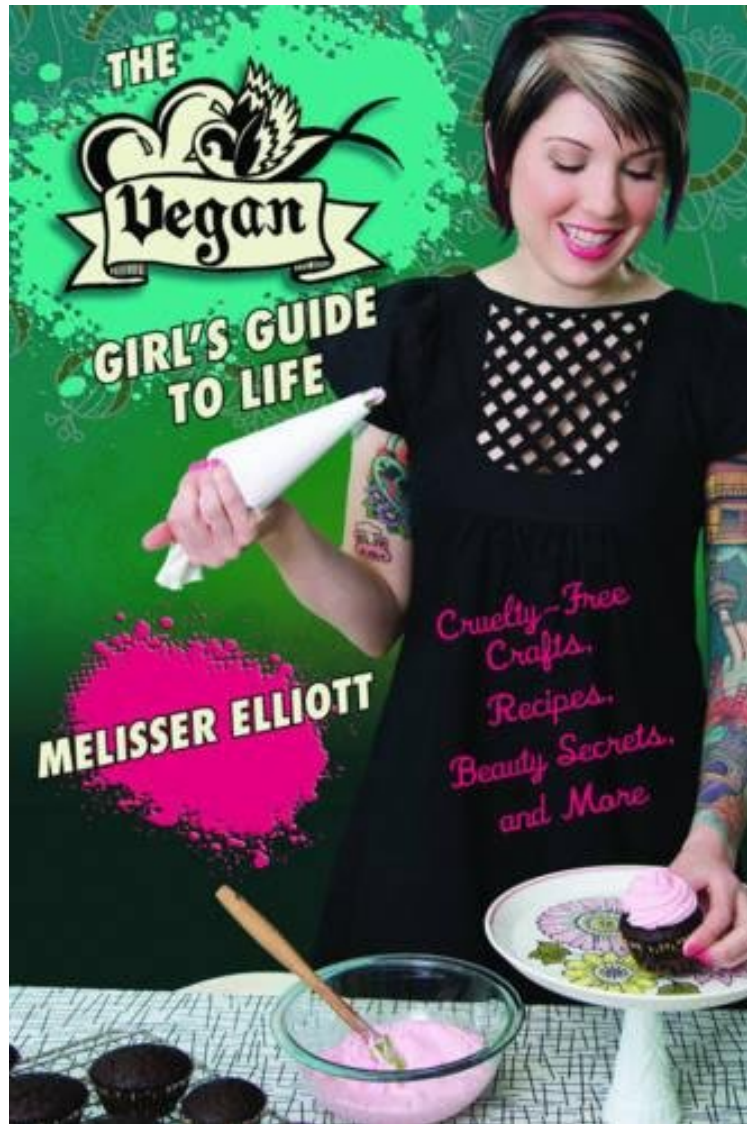


(Download free pdf) The Vegan Girl's Guide to Life: Cruelty-Free Crafts, Recipes, Beauty Secrets and More

The Vegan Girl's Guide to Life: Cruelty-Free Crafts, Recipes, Beauty Secrets and More

Melisser Elliott

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Melisser Elliott : The Vegan Girl's Guide to Life: Cruelty-Free Crafts, Recipes, Beauty Secrets and More

before purchasing it in order to gage whether or not it would be worth my time, and all praised The Vegan Girl's Guide to Life: Cruelty-Free Crafts, Recipes, Beauty Secrets and More:

3 of 3 people found the following review helpful. Not All I Hoped ForBy Cydni PerkinsWhat I liked: I appreciated the way she broke down the nutrition information in an inexpensive vegan diet, and compared that to a person's actual

dietary needs for protein. Also, I marked almost every recipe to try. They looked way good. The long lists of vegan products would have been more helpful if I had money to buy those things, in which case I would have appreciated it. The interviews with vegan parents were helpful too, as I am considering having children. I liked hearing that parents can give their children vegan food for the long term and see them grow up healthy. And the Kindle version is only \$1.00. What I didn't like: I guess should have known this would happen, but I strenuously disliked the litany of torture that animals have to go through (Chapter 2). It was so upsetting to me that I had to fast forward through the chapter. As far as that argument goes, Melisser was preaching to the choir. On the other hand, her assertion that zoos and circuses are abusive just didn't resonate with me. I'm not convinced, without further evidence, that keeping animals in confinement and training them to do tricks is any worse than when I keep dogs and train them to sit before I give them a bone. Modern training techniques are nowhere near as harsh as they used to be. Anyway, she didn't convince me of that. Moving on, I noticed that there are a dizzying arrays of products I'm supposed to examine carefully to make sure nothing living has ever touched them -- I'm supposed to buy expensive vegan makeup, and meanwhile ordinary chocolate has cockroaches in it. The problem of wading through all my body products and buying newer, more expensive ones seemed utterly insurmountable, although I can imagine using them up and working toward paying more attention to ingredients in the future. The crafts seemed geared mainly toward vegans, which was OK. The cross stitch pattern read, "Flesh is for Zombies. Go Vegan!" I thought it was cute, but I felt the omnivores in my life would find it pushy and vaguely insulting. I wouldn't display it in my house. And the page that I'm supposed to photocopy? Not happening on the Kindle version. So that one craft was out. In the end, here's what I think: if you're interested in vegan cooking, get *Vegan With A Vengeance and Appetite For Reduction* by Isa Chandra Moskowitz. Isa's style is all positive, and she doesn't include a torture porn chapter about factory farming, she just writes great recipes. Like I mentioned, I marked almost all of Melisser's recipes to try, so if you want this book, buy the kindle version and skip straight to the recipes. Otherwise, this may be a good read for committed vegans but horribly daunting for someone who is just getting started and is slightly sickened by the major life overhaul she has to do if she wants to be vegan. I was so blissfully ignorant, thinking it was enough simply to eat a vegan diet! Here's me, starting to doubt my decision to become vegan: "What have I done? What have I done?" 15 of 15 people found the following review helpful. Pretty good stuff. By Erin Heath This book would be extremely helpful to someone just starting out in veganism. It gives the reader a lot of really great information and is done in a *really* cute style. I do take issue with the section in the book where Ms. Elliott writes about vegan pets. If a reader wants to feed their dog a vegan diet, I get it, but just because that gels with your beliefs, it isn't necessarily the best thing for your pet. Ms. Elliott states that dogs are purely omnivorous, which, scientifically, isn't true. They are non-obligate carnivores with opportunistic omnivorous traits - I just feel the subject was dealt with too lightly, and people should REALLY do their research on the pros and cons of feeding companion animals vegan diets. Talk to your veterinarian, do your research, and do what is deemed best for your furry family member, whatever that may be. Other than that this book is great to start with, and has really good product lists and other good information. 21 of 21 people found the following review helpful. Awesome guide! By margv I just received this book yesterday and I have already read the whole thing! The book is very aesthetically pleasing, with pretty page layouts and nice thick pages. There is basic info on animal rights, vegan nutrition, and how to deal with friends/family, which is to be expected in any vegan book. What sets this book apart is it's focus on things that many other books overlook: makeup, tattoos, and more DIY things like crafts, homemade cleaning supplies, and gardening. Short interviews with prominent female vegan bloggers, business owners and artists are spread throughout the book. The recipes are a nice mix between simple, quick eats and fancy, impressive entrees. I highly recommend this book and look forward to any other books Melisser Elliott comes out with.

Vegan women everywhere are banding together in their efforts to be healthy, cruelty free, and environmentally responsible. This is their handbook. Melisser (known to most as The Urban Housewife) presents the basics of veganism for the newbies, lots of DIY craft projects, cruelty-free beauty tips, travel advice, recipes, and more. This book is not just for vegan girls sits also for anyone whos interested in a cruelty-free lifestyle. Discover the best beauty products, fun vacation spots, plus an assortment of recipes including Jackfruit Carnitas Tacos, Twice Baked Chipotle Sweet Potatoes, Curried Red Lentil Veggie Burgers, Chipotle Hominy Stew, and Double Chocolate Cookies. Learn how to make recycled cake stands, find a cross-stitch pattern by Stitchd Ink, and find out about natural beauty and cleaning products. Reading like a Who's Who of vegan women, contributions of recipes and craft projects will be provided by some of the most respected vegan chefs and bloggers in the world (Isa Chandra Moskowitz, Hannah Kaminsky, Celine Steen, Julie Hasson, Kittee Berns, Kelly Peloza, and more). Full of photos and quirky illustrations, this is useful information with a punk rock attitude.

"Truly everything you need to know to be a happy, healthy vegan! It's like a visit with all your girlfriends across the globe, doing everything from sightseeing and cross stitching to protesting and baking. When you're ready to ditch the murder burgers, 'The Vegan Girl's Guide to Life' will be your fairy godmother lighting the way." ---Isa Chandra Moskowitz, author of "Veganomicon" About the Author Melisser Elliott is the founder of Sugar Beat Sweets and the

author of the blog [The Urban Housewife](#). She has won awards from [VegNews](#) magazine; has been featured by [BUST](#), the [Washington Post](#), [Craft](#), [Make](#), [Cupcakes Take the Cake](#), [All Things Cupcake](#), [SuperVegan](#), [Crazy Sexy Life](#), and [Vegan Nutritionista](#); and has appeared on [Everyday Dish TV](#). She lives in San Francisco, California.