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Eating In The Light: Making the Switch to Veganism on Your Spiritual Path

By Doreen Virtue, Becky Prelitz

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Eating In The Light: Making the Switch to Veganism on Your Spiritual Path, Doreen Virtue, Becky Prelitz, Is vegetarianism the right path for you? This book will give you all the information you need to make that very personal decision for yourself. Doreen Virtue and Becky Prelitz show you that it isn't just the fat or carbohydrate content that counts when making dietary choices - it's the 'spiritual vibrational' quality of what you eat that truly makes a difference in how you look and feel. Now fully updated with all the latest dietary advice, Doreen Virtue and Becky Prelitz teach you how vegetarianism can elevate your energy, help you to become more psychic and enhance your spiritual growth. You'll also read practical and nutritionally sound tips on how to: ensure you get adequate protein; eliminate or reduce your cravings for meat and dairy products; cook vegetarian meals for yourself and your family; deal with skeptical meat-eating friends and family members; and eat vegetarian meals at restaurants and while travelling.



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