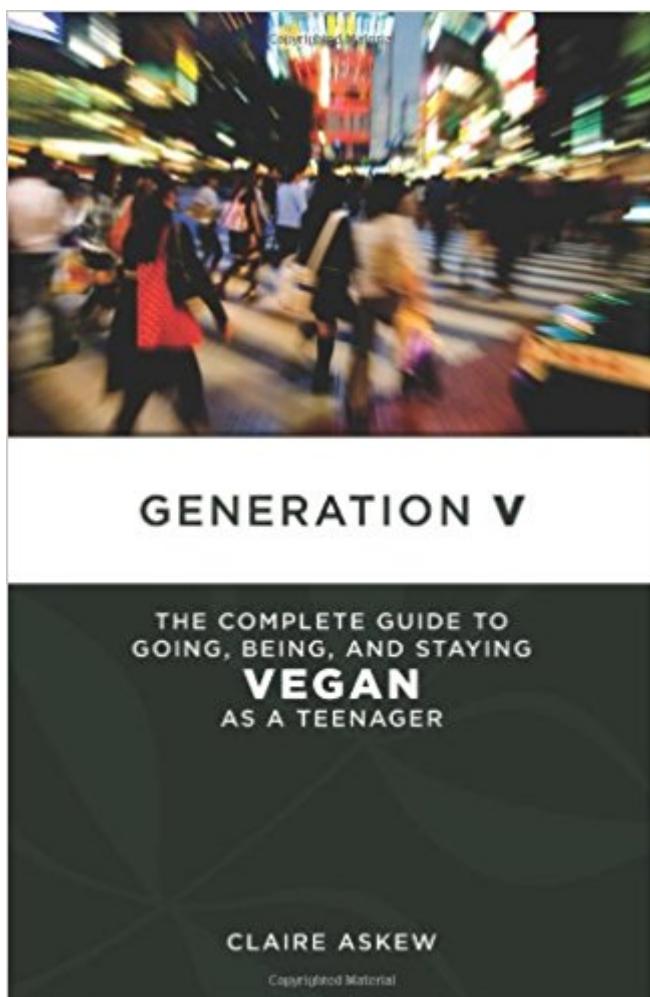


The book was found

Generation V: The Complete Guide To Going, Being, And Staying Vegan As A Teenager (Tofu Hound Press)



Synopsis

Covering the ins and outs of becoming a vegan during the teen years, this reference shows young people how to make smart decisions about changing their diet and lifestyle while dealing with varying reactions from family, friends, and people at school. Curious teens will find answers for issues such as buying groceries with their families and sticking with the vegan mentality and a diet, as well as important nutrition facts, delicious recipes, and inspirational stories. While some may find the switch to veganism daunting, this delightful handbook makes the transition simple, explaining ethical arguments and encouraging dedication and tolerance.

Book Information

Series: Tofu Hound Press

Paperback: 160 pages

Publisher: PM Press (June 1, 2011)

Language: English

ISBN-10: 1604863382

ISBN-13: 978-1604863383

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #2,311,903 in Books (See Top 100 in Books) #101 in Books > Teens > Personal Health > Diet & Nutrition #3958 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #219117 in Books > Health, Fitness & Dieting

Customer Reviews

"This book is motivational, inspiring, resourceful, and practical." —
HerbivoreClothing.com "A book that is genuine and heartfelt while also being funny, personal, and theoretically rigorous." — Bob Torres, Vegetarian Journal "This is a street-wise read for any teen considering veganism." — www.voya.com

Claire Askew has been a vegan since the age of 15; she has written for the Kansas City Star, VegNews magazine, and Vegetarian Journal; and is a contributor to the 2009 edition of Fiske Real College Essays That Work. She lives in Portland, Oregon.

it was a gift

I'm actually surprised by the 5-star reviews. I checked this out from my local library hoping it would help me come up with ways to respond to people that ask me why I'm vegan. It had some suggestions, but no more than any other book about veg*nism would have. My main issue with the book is that it clearly wasn't edited. I had to re-read a handful of sentences because they just didn't make sense..mostly due to missing/extra words and missing/extra commas. I'm not trying to be super picky, but I expect published books to not have issues on just about every page. I don't think that's too much to ask. The author also uses sarcasm to get some of her points across, and that makes it more difficult to read. "Wait, is she being serious? Oh, no, she's just kidding. Ha...ha?" Even though I'm vegan and I agree with what the author was writing (for the most part), I came away with a guilty feeling. And I'm already vegan! How is that possible? There are definitely better books out there. If you are a teen, I'd suggest just reading other vegan books and maybe just skimming this one.

This is a fantastic book about what it's like to be a teenage or young vegan. Just like the previous reviewer stated, a niche has been filled by this book. It's a shame that it took so long for a book on this subject to come out, but Claire Askew does a fantastic job of tackling the subject. The book is very insightful and is full of practical advice not only for those who are already vegan, but also for the aspiring vegans out there. I think that this book would also be great for parents to read in order to gain more of an understanding of their teens' viewpoint and some of the social stigmas that can be associated with a vegan lifestyle. I found Generation V surprisingly funny at times, and the author's personality shines through the pages. The book is extremely well written, and I would recommend it to anyone who needs advice on the topic. Even if you are already a dedicated vegan and don't feel the need for any advice, I still suggest it. I think this book can teach something to just about everyone.

This is a wonderful resource for veg*an teenagers or for those who are considering making a shift in their diet and lifestyle. The author goes over many situations that teens will likely encounter and discusses ways of dealing with them. I really liked the fact that she had a diplomatic approach to resolving any arguments or uncomfortable situations. Maybe reading this book will help new veg*ans avoid alienating people that are close to them even if they don't understand this choice. In addition, the book includes a lot of useful information and resources related to such issues as animal treatment and health. She also discusses additional books and websites that people might want to

read to get more information about particular aspects of veganism. Lastly, towards the end of the book, there is a separate chapter with insightful quotes that give a feel of what many prominent people in history have to say about this movement.

Claire Askew is a talented writer who has filled a niche with "Generation V", providing vital information and support to teens who are vegans in a primarily non-vegan teen world.

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