



# Become a Vegetarian in Five Easy Steps!

*Christine H. Beard*

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**Become a Vegetarian in Five Easy Steps!** Christine H. Beard

This book's five-step system will demonstrate how to design a healthy vegetarian diet that includes many usual foods, the rewards of which include not only better health and resistance to disease, but a reduction of institutionalized cruelty to animals and damage to the planet.

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