

VEGAN FREAK

Being Vegan in a Non-Vegan World, 2nd Edition

Bob Torres and Jenna Torres

Going vegan is easy, and even easier if you have the tools at hand to make it work right. In the second edition of this informative and practical guide, two seasoned vegans help you learn to love your inner vegan freak. Loaded with tips, advice, and stories, this book is the key to helping you thrive as a happy, healthy, and sane vegan in a decidedly non-vegan world that doesn't always get what you're about. In this sometimes funny, sometimes irreverent, and sometimes serious guide that's not afraid to tell it like it is, you will:

- find out how to go vegan in three weeks or less with our "cold tofu method"
- discover and understand the arguments for ethical, abolitionist veganism
- learn how to convince family, friends, and others that you haven't joined a vegetable cult by going vegan
- get some advice on dealing with people in your life without creating havoc or hurt feelings
- learn to survive restaurants, grocery stores, and meals with omnivores
- find advice on how to respond when people ask you if you "like, live on apples and twigs."

The first edition has sold over 10,000 copies. In a revised and expanded second edition, *Vegan Freak* is your guide to embracing vegan freedom.

ABOUT THE AUTHORS

Bob Torres holds a PhD. in Development Sociology from Cornell University. He's the author of *Making A Killing: The Political Economy of Animal Rights* (AK Press) and co-hosts Vegan Freak Radio. He maintains a web presence at www.bobtorres.net.

Jenna Torres has a BA in Spanish and a BS in Plant Science from Penn State University, and received her PhD. from Cornell University in Spanish linguistics. She is the co-host of Vegan Freak Radio, a podcast about life as a vegan in a very non-vegan world.

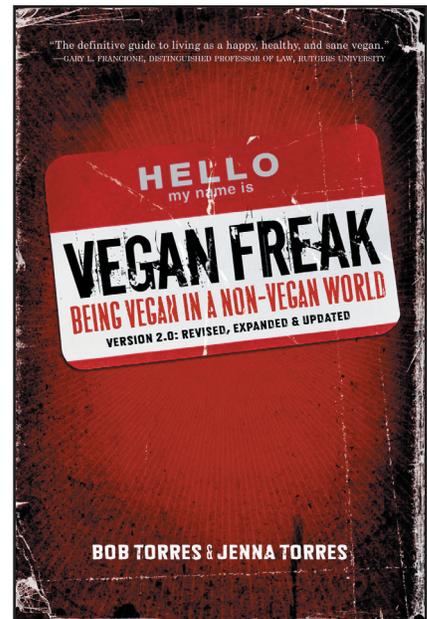
REVIEWS

"Bob and Jenna Torres not only convince you that you have to go vegan today, they also give you what you need to live as a healthy and happy vegan for the rest of your life."

—Gary L. Francione, Distinguished Professor of Law, Rutgers University



Tofu Hound Press, edited by Bob and Jenna Torres, publishes innovative books on veganism and animal rights.



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