



# Hello My Name Is Vegan Freak: Being Vegan in a Non-Vegan World

*Bob Torres, Jenna Torres*

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In this informative and practical guide, two seasoned vegans offer tips and advice for thriving without animal by-products. Sometimes funny and irreverent yet always aware of its serious message, this resource for being vegan in a world that doesn't always understand or have sympathy for the lifestyle illustrates how to go vegan in three weeks or less by employing a "cold tofu method;" convince family, friends, and others that there is no such thing as a vegan cult; and survive restaurants, grocery stores, and meals with omnivores. Also offering answers to questions such as "Do you, like, live on apples and twigs?" this reference dispels myths and explains the arguments for ethical, abolitionist veganism, encouraging everyone to embrace their inner vegan.

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