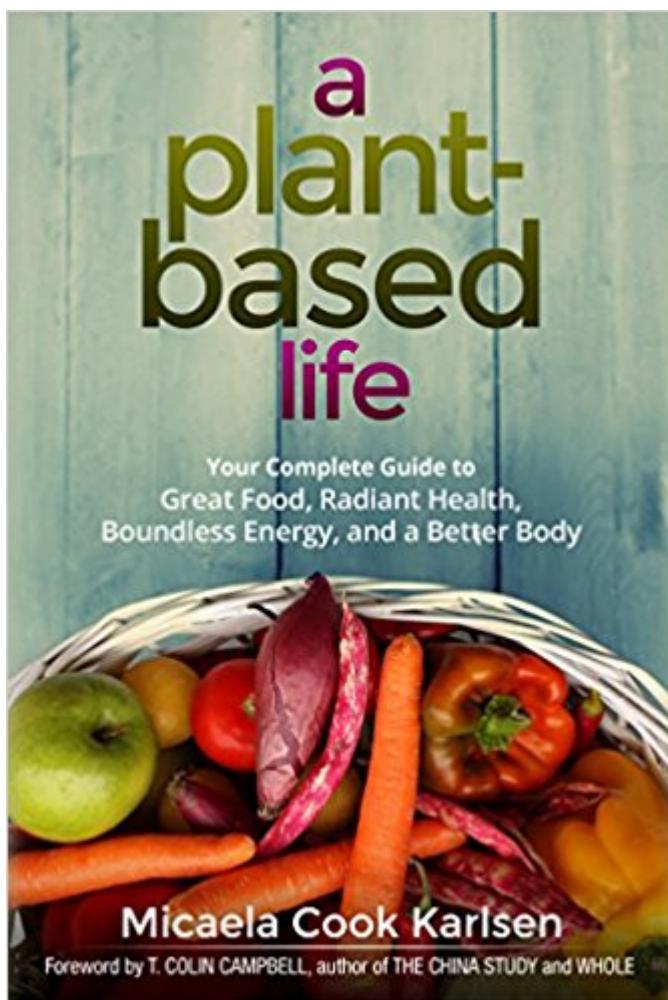


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# A Plant-Based Life: Your Complete Guide To Great Food, Radiant Health, Boundless Energy, And A Better Body



## Synopsis

More people than ever are eating a whole-food, plant-based diet. Studies show that it is better for our bodies and better for the planet--but it isn't always easy. Let *A Plant-Based Life* be your guide. Whether you're taking your first steps on this path to wellness or recommitting yourself to success, author Micaela Cook Karlsen clearly maps the way. Her program enables you to set your own pace and stay the course--without relying on willpower. Drawing on personal experience and the latest research, she reveals how to:

- Find and sustain your motivation
- Gradually add more whole, plant foods into your diet, crowding out less nutritious fare
- Break old food addictions and establish new habits
- Translate favorite recipes to create delicious, nourishing meals
- Reshape your food environment (at home, at work, and on the go) to make healthy eating a no-brainer
- Cultivate relationships that celebrate and support your new lifestyle

Especially valuable are directions for navigating roadblocks. Here you'll find strategies for getting family members on board and for allaying friends' concerns about your food choices with evidence-based nutrition information. Take advantage of shopping tips, pantry lists, menu plans, and more than 100 mouth watering recipes, with contributions from plant-based leaders including Ann Crile Esselstyn, Cathy Fisher, Chef AJ, Craig Cochran, Chef DelSroufe, Jeff Novick RD, Julieanna Hever MS RD CPT, Kathy Pollard MS, Kris Carr, Matthew Kenney, Matthew Lederman, MD, Micah Risk, Priscilla Timberlake and Lewis Freedman RD, Robby Barbaro, and Susan Benegas. If your goal is a healthier, more energized--exuberant--life, make this book your personal GPS. The journey will be more satisfying than you ever imagined.

## Book Information

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## Customer Reviews

"...nutritionist Micaela Cook Karlsen shares success strategies and recipes that make plant-based eating delicious and easy." --Closer Weekly     Ã¢ ¬Ã¢ ¬Ã|[KarlsenÃ¢ ¬â„¢s] practical approach offers equal amounts of motivational coaching and uncomplicated nutritional adviceÃ¢ ¬Ã|strategies in this book will appeal to many readers.Ã¢ ¬Ã• --Publishers Weekly, starred review     Ã¢ ¬Ã¢ ¬Ã|packed with fascinating research on the many benefits of eating plants, and peppered with stories of people who have transformed their lives by changing whatÃ¢ ¬â„¢s on their plates.Ã¢ ¬Ã• --Lighter Culture     "Hungering for change? Then consider a diet of whole foods that are plant based...A Plant-Based Life will take you there, step by step...wealth of information." --Retailing Insight     Ã¢ ¬Ã“An indispensable resource for any organization concerned with retaining the accumulated wisdom of its most valued employees.Ã¢ ¬Ã• --Coaching Tips, The Leadership Blog     "If you want to start and donÃ¢ ¬â„¢t know how I strongly recommend A Plant-Based Life. Eating healthy doesnÃ¢ ¬â„¢t have to be boring or restrictive." --OnixJ Healthy Living     Ã¢ ¬Ã“Ã¢ ¬Ã|offers you a complete guide to switching your diet. Simple recipes that are full of all of the right nutrition you need and easy to read.Ã¢ ¬Ã• --KellyÃ¢ ¬â„¢s Thoughts on Things     "Before completely cutting out or drastically reducing meat intake from your diet, you need to go in with a strategy...We turned to A Plant-Based Life..." --Medical Daily     Ã¢ ¬Ã“Ã¢ ¬Ã|everything you need for starting - or continuing - a plant-based lifestyle: strategies for changing up the way you eat, shopping and menu suggestions, recipes, and more.Ã¢ ¬Ã• --My Raw Blog     Ã¢ ¬Ã“Ã¢ ¬Ã|provides a comprehensive roadmap to that success, including dozens of recipes that cover everything from quick meals to main courses.Ã¢ ¬Ã• --Energy Times     "If you're looking to make healthy changes, let A Plant-Based Life be your guide...with recipes like these the journey will be more satisfying than you ever imagine." --Wander, Travel, Wellness Magazine

Ã¢ ¬Ã“YouÃ¢ ¬â„¢ll be fascinated by the benefits of leading a plant-based lifeÃ¢ ¬Ã|pick up a copy of her new book to learn more.Ã¢ ¬Ã• Urban Suburban Mommy

Whole food for a whole new you. More people than ever are eating a whole-food, plant-based diet. Studies show that it is better for our bodies and better for the planetÃ¢ ¬â• but it isnÃ¢ ¬â„¢t always easy. Let A Plant-Based Life be your guide. Whether youÃ¢ ¬â„¢re taking your first steps on this path to wellness or recommitting yourself to success, author Micaela Cook Karlsen

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I really enjoyed reading this book, and it inspired me to add more whole foods to my life (I was already following a plant-based diet). The writing style is very readable; it also helped me understand the basic science behind the many lifestyle diseases that are our top killers - and how to prevent them. I also love the different speeds at which you can choose to make the changes, and the practical tips on how to implement them. The recipes at the end of the book have been great! I've already tried several, and they've all been delicious - especially the Rescue Quinoa and the "Basket of Jewels with Walnut Sauce!"

As a practicing internal medicine physician and longtime director of a weight-management program, I am thrilled to recommend this book to my patients and my friends. Practical, evidence-based, and easy to read, *A Plant-Based Life* fills an important gap: you want to eat more healthfully, but you don't know how to get there. Micaela Karlsen expertly guides you through steps to change your behavior and meet your goals, realistically and sustainably. This book is a triumph!

A good basic vegan cookbook for the inexperienced home cook. The recipes could have been a bit

more elaborate

I love this book and you will too if you are shifting to a plant based diet.

I love this book so far! I will write a more complete review when I finish it.

this book has some really good recipes

good book arrived on time, in good condition

Everything great.

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