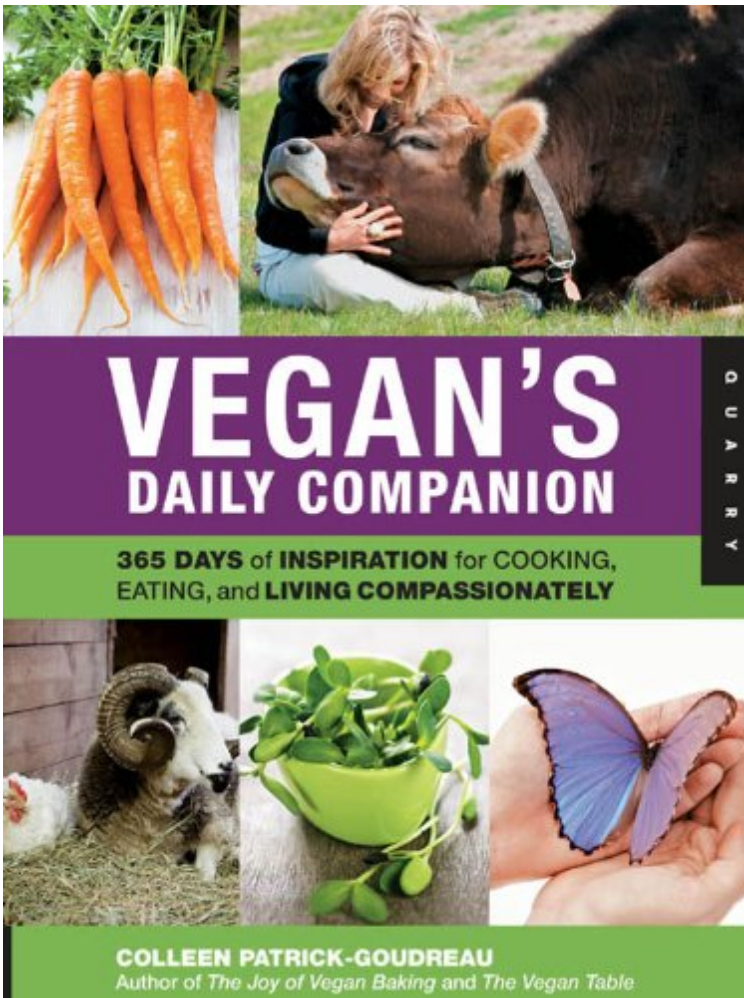


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Prsentation de l'diteurLive a joyful, compassionate life, every day of the year with Colleen Patrick-Goudreau's guide, **Vegan's Daily Companion!**
Mondays: For the Love of Food A celebration of familiar and not-so-familiar foods to spark enthusiasm for eating healthfully.
Tuesdays: Effective Communication Techniques and tactics for speaking on behalf of veganism effectively and compassionately.
Wednesdays: Optimum Health for Body, Mind, and Spirit Care and maintenance for becoming and remaining a joyful vegan.
Thursdays: Animals in the Arts: Literature, Film, Painting Inspiration across the ages that reflects our consciousness of and relationship to non-human animals.
Fridays: Stories of Hope, Rescue, and Transformation Heartening stories of people who have become awakened and animals have found

sanctuary.Saturdays + Sundays: Healthful Recipes Favorite recipes to use as activism and nourishment.