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Jasmin Schönberg

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• Vegan leben - kurz, knapp und unkompliziert erklärt. Wie können tierliche durch pflanzliche Produkte ersetzt werden und wo kann man diese kaufen? Was gehört alles zur veganen Lebensweise dazu? Gerade am Anfang kommen viele Fragen auf. Beim Lesen dieses Ratgebers wird schnell deutlich, dass das vegane Leben einfacher ist, als man zunächst denkt und keinesfalls Verzicht, sondern Bereicherung bedeutet. Jeder kann sofort Schritt für Schritt anfangen. Das Buch bietet dem Leser eine wertvolle und leichte Starthilfe in die vegane Lebenskunst.

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