



Generation V: The Complete Guide to Going, Being, and Staying Vegan as a Teenager (Tofu Hound Press)

Claire Askew

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Covering the ins and outs of becoming a vegan during the teen years, this reference shows young people how to make smart decisions about changing their diet and lifestyle while dealing with varying reactions from family, friends, and people at school. Curious teens will find answers for issues such as buying groceries with their families and sticking with the vegan mentality and diet, as well as important nutrition facts, delicious recipes, and inspirational stories. While some may find the switch to veganism daunting, this delightful handbook makes the transition simple, explaining ethical arguments and encouraging dedication and tolerance.

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