



On Being Vegan: Reflections on a Compassionate Life

Colleen Patrick-Goudreau

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On Being Vegan is a collection of thoughtfully crafted essays that reflect Colleen Patrick-Goudreau's unique blend of passion, humor, and common sense and get to the heart of what it means to be vegan. Born out of her life-changing talks and podcast episodes, On Being Vegan is Patrick-Goudreau's sixth book.

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