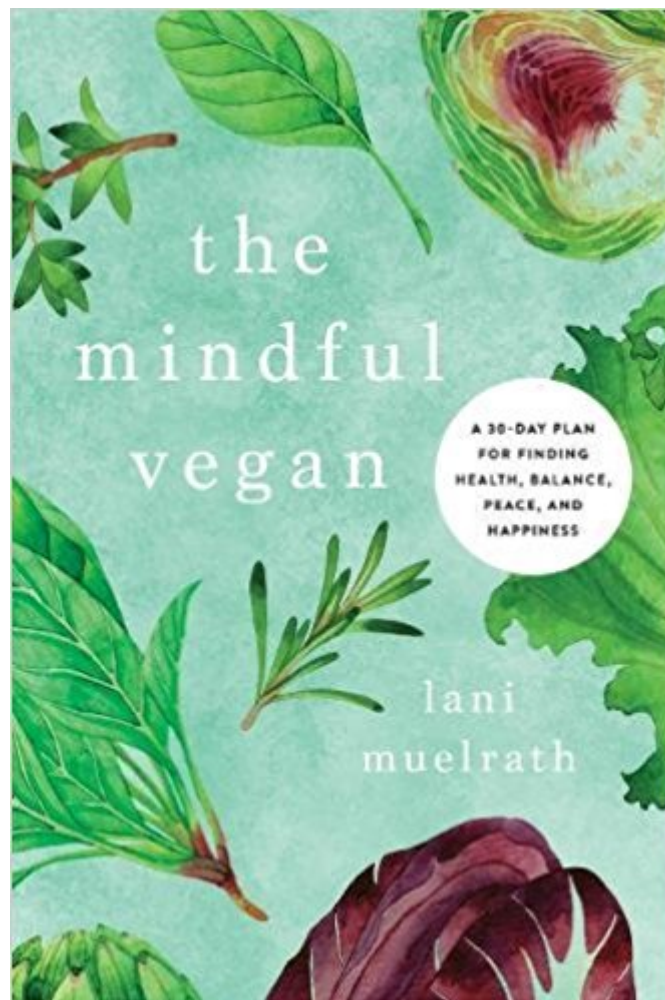




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The Mindful Vegan: A 30-Day Plan For Finding Health, Balance, Peace, And Happiness



Synopsis

Discover how to shed old thinking patterns--and live more joyfully with food. Are you ready to get to the roots of your challenges around food-- whether it's gratuitous snacking, compulsive or emotional eating, indulging cravings, overeating, or other disheartening habits? Be ready to get mindful. ~ Mindfulness can be the deciding factor between your successful adoption of a healthy vegan diet and repeated frustrating attempts. This simple technique goes under the surface of what is hampering your happiness, providing a sought-after solution to many of life's ups and downs by rewiring your reactivity to challenges. ~ Certified mindfulness meditation facilitator, award winning health educator, and longtime vegan advocate Lani Muelrath has been practicing mindfulness meditation for 25 years. In *The Mindful Vegan*, she teaches you how to practice mindfulness and shows how it can bring freedom and a new joy to your eating-- and living-- experience. Backed by extensive research, with step-by- step instructions, personal stories, positivity, humor, and a handful of delicious recipes, *The Mindful Vegan* will help you emancipate yourself from the stranglehold that mindless and compulsive eating have on your weight, health, food choices, and, most of all, peace of mind. With Lani's guidance, you'll learn the techniques of mindfulness meditation, opening the door to creating a more resilient vegan lifestyle. You'll discover why eating in a way that lines up with your convictions about health, the environment, and ethics reduces stress and increases happiness. ~ The *Mindful Vegan* sets you on a path to cultivating your capacity for genuine happiness and a more peaceful life-- in a way that is personally satisfying and aligned with your deepest values. This book is for anyone who wants to be free of frustrating and baffling eating behaviors, experience a new ease around eating, and discover their naturally healthy body and weight. What's more, you'll learn to navigate conversations with others about eating - and living - vegan with greater clarity and equanimity. Stop stressing. Start living-- and eating-- mindfully. Your body and mind will thank you.

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Customer Reviews

Mindfulness is probably the most important practice we can ever undertake. In this wonderful book, Lani Muelrath explains, with compassion and clarity, how you can eat and live more mindfully--and thus how you can transform your life.~ Dr. Melanie Joy, author of *Why We Love Dogs, Eat Pigs, and Wear Cows* and *Beyond Beliefs: A Guide to Improving Relationships and Communication for Vegans, Vegetarians, and Meat Eaters*. In over 40 years of conducting clinical research, my colleagues and I have shown that a whole foods plant-based diet (naturally low in refined carbs and fat), along with meditation/yoga, exercise, and social support (love & intimacy) can reverse the progression of the most common chronic diseases. ~ *The more illnesses we study, and the more underlying biological mechanisms we examine, the more reasons we have to explain why these lifestyle changes are so powerful and how quickly they may occur.* ~ *The Mindful Vegan* eloquently describes why, and how.~ ~ Dean Ornish, M.D., Clinical Professor of Medicine, UCSF, Founder & President, Preventive Medicine Research Institute and author of six books, all bestsellers Lani takes conscious living up a notch with this beautiful guide whose ripple effects extend far and wide. Long before you finish, you will have a much deeper connection to your own compassion - and a much broader understanding of what it means to live mindfully.~ ~ Colleen Patrick-Goudreau, bestselling author of *The 30-Day Vegan Challenge*~ ~ and host of the Food for Thought podcast.

"The Mindful Vegan isn't just a book, it's Lani Muelrath herself. In the years I've known her, I have always admired how remarkably present she is in every moment. This book is a gift to those of us who desire the same presence of mind and shows us, in bite-sized steps, how to attain that with ease and joy." ~ *Miyoko Schinner*, author of *Artisan Vegan Cheese* and *The Homemade Vegan Pantry* and founder of Miyoko's Kitchen "Read, implement, transform . . . and then pass along the magic! This book can heal you."~ ~ *Kathy Freston*, New York Times bestselling author of *Quantum Wellness* "Eating a vegan diet is a win-win-win! But that doesn't mean it's always easy. In connecting the ancient practice of mindfulness with the business of nourishing ourselves,

Lani Muelrath's *The Mindful Vegan* offers a powerful tool to support readers in making the choice, each day, to live a more compassionate and healthy life."~ John Mackey, cofounder and CEO of Whole Foods Market and coauthor of *The Whole Foods Diet* "This enlivening book inspires us to live with passion and purpose, and gives us the tools to make more mindful choices that are good for ourselves, other animals and the planet. Think about it, as *The Mindful Vegan* asks us, if we can live well without causing unnecessary harm, why wouldn't we? Highly recommended."~ Gene Baur, cofounder and president of Farm Sanctuary and author of *Living the Farm Sanctuary Life* "Lani takes conscious living up a notch with this beautiful guide whose ripple effects extend far and wide. Long before you finish, you will have a much deeper connection to your own compassion~ and a much broader understanding of what it means to live mindfully."~ Colleen Patrick-Goudreau, bestselling author of *The 30-Day Vegan Challenge* and host of the Food for Thought podcast "The ability to be present is at the heart of all healthy relationships: with other humans, with nonhuman beings, with the planet, and with ourselves. In this wonderful book, Lani Muelrath explains, with compassion and clarity, how you can eat and live more mindfully~ and thus how you can transform your life." ~ Dr. Melanie Joy, author of *Why We Love Dogs, Eat Pigs, and Wear Cows* and *Beyond Beliefs: A Guide to Improving Relationships and Communication for Vegans, Vegetarians, and Meat Eaters* "These thirty life-shifting days with Lani Muelrath link sustenance with silence, nutrition with attention. You'll finish this book knowing that you've made peace with food and you've made friends with yourself."~ Victoria Moran, author *Main Street Vegan* and director of the Main Street Vegan Academy "I absolutely LOVE this book. If your relationship with food has been a bit of a rocky road, it is a must-read. Lani Muelrath brilliantly guides readers through a personal exploration that engages our senses and sensibilities. She provides a blueprint for mindfulness that establishes an honest, joy-filled connection with food, and with our bodies. Her goals are simple~ health and healing for individuals; compassion and peace for the world. What a beautiful gift to us all."~ Brenda Davis, RD, coauthor of *Becoming Vegan: Comprehensive Edition* "The Mindful Vegan is a heartfelt approach to transforming life one bite at a time. . . . A life with purpose is a key step to fulfillment and *The Mindful Vegan* is the key that can unlock that precious treasure chest of a meaningful and healthy life."~ Joel Kahn, MD, FACC, clinical professor of medicine (cardiology) and director at The Kahn Center for Cardiac Longevity and author of *The Whole Heart Solution* "The Mindful Vegan can transform your life, and would also make a terrific gift for virtually anyone. Recommended!"~ Will Tuttle, PhD, author of *The World Peace Diet*, visionary educator, musician, and presenter "The Mindful Vegan is a groundbreaking and compassionate

guide that connects mindfulness practice to the larger ecological and health benefits of veganism. Its 30-day plan offers a beautifully thought-out approach to learning mindfulness that will help you investigate your relationship to food, dieting, and self-care. This book could change your life (whether or not you are vegan)!"

—Diana Winston, director of mindfulness education at UCLA Mindful Awareness Research Center and coauthor of *Fully Present: The Science, Art, and Practice of Mindfulness* "Lani, you have done it again with your latest book *The Mindful Vegan*, you have created an evidence-based pathway to experiencing deeper joy, better health, longer life, and a greater chance for planetary survival. You draw out the best in us: courage, commitment, compassion, and choices of how to use our fork and knife with greater wisdom and mindfulness."

—Hans Diehl, DrHSc, clinical professor of preventive medicine at Loma Linda University, founder of CHIP and Lifestyle Medicine Institute, and coauthor of *Health Power* "As a clinician, researcher, and teacher who works on a daily basis to help people change their stress and emotional eating habits, I've seen firsthand how powerful mindfulness can be in the food arena. *The Mindful Vegan* is full of heart, accessibility, and practicality."

—Judson Brewer, MD, PhD, associate professor of medicine and psychiatry and director of research at the Center for Mindfulness, UMASS Medical School, creator of *Eat Right Now*, and author of *The Craving Mind* "Mindfulness is an incredibly powerful practice essential for becoming the best version of you. With Lani Muelrath's *The Mindful Vegan*, you now have a brilliant, beautiful, and practical guide with over 30 days of tools and techniques for unlocking the door to the blessing that is mindfulness."

—Marco Borges, exercise physiologist and New York Times bestselling author of *The 22 Day Revolution* "Warm and wise, informed by science and experience, *The Mindful Vegan* is a welcome invitation and map to connection with our minds and bodies, with others, and with the present moment. Watch for delight arising as you take this life-changing journey with Lani Muelrath as your skillful guide and again when you discover the vegan recipes included after day 30."

—Patti Breitman, cofounder of Dharma Voices for Animals and coauthor of *Even Vegans Die* "Lani Muelrath has been a source of information and inspiration for radiant health through plant-based eating. *The Mindful Vegan* is a beacon of conscious eating, healthy living, and caring for the planet with a 30-day plan that will set you on the path of transforming your life."

—Suzy Amis Cameron, founder of Plant Power Task Force "The teachings found in *The Mindful Vegan* are life's secret weapon to reduce your anxiety, stress, anger, and fear and replace those negative emotions with peace, clarity, happiness, and optimism. . . . I am glad to see mindfulness and vegan living brought together so brilliantly in this book. It will change, for the better, your experience of living."

—James Aspey, speaker and vegan advocate

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