



Vegan liberi tutti (iSaggi) (Italian Edition)

Giuseppe Coco

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La dieta vegan è utile per la salute, favorisce la longevità e previene malattie metaboliche e patologie del benessere. Ma non è tutto. È una scelta etica ed evolutiva oltre che l'unica opzione per far sopravvivere il pianeta, ridurre la disparità sociale ed evitare lo sfruttamento e la morte di esseri senzienti quali sono gli animali.

Questo libro, però, non è solo un saggio sulle ragioni della scelta vegan ma anche una raccolta di consigli alimentari che fanno venire l'acquolina in bocca.

“Il veganismo non è una dieta. Non è un regime alimentare restrittivo. È una visione diversa della vita, a tutto tondo”. (Stefano Momentè)

“Nella stratosferica lotta per i diritti animali, il campo dell'alimentazione è quello in cui ognuno di noi, oggi stesso, può apportare un personale e fondamentale contributo, spostando il focus dell'interesse dalla propria pancia e dalla propria testa e dal proprio cuore a quelli speculari degli altri animali. Decidendo una volta per tutte in quale mondo vogliamo vivere”. (Anna Maria Manzoni)

Con il patrocinio di Progetto Vivere Vegan e Vegan Ok

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Barbara McGowan:

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