



# Vegan Freak: Being Vegan in a Non-Vegan World

*By Bob Torres, Jenna Torres*



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Curious about veganism? Want to be a vegan? Already a vegan? Just wondering how to be vegan without going insane? In this informative and practical guide on veganism, team Torres helps you love your inner vegan freak. Loaded with tips, advice, stories, and comprehensive lists of resources that no vegan should live without, this book is key to helping you thrive as a happy, healthy, and sane vegan in a decidedly non-vegan world. Witty, opinionated, and eminently useful.



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### Editorial Review

#### Review

"In this down-to-earth and entertaining guide, Bob and Jenna Torres not only convince you that you have to go vegan today, they also give you what you need to live as a healthy and happy vegan for the rest of your life." —Gary L. Francione, distinguished professor of law, Rutgers University

"Wherever one falls on the meat-eater to vegan continuum, you need to make the Torres duo your truth-speaking, profanity-spewing, tough-loving pals. They will move you closer to ethical veganism."

—*Feminist Review*

#### About the Author

Tattooed vegan freaks themselves, Bob and Jenna Torres both hold PhDs from Cornell University. The authors maintain a vegan blog ([veganfreaks.org](http://veganfreaks.org)) where they refined the ideas that grew into this book. Bob and Jenna teach at a small liberal arts college in far upstate New York, where Bob has taught classes on animal rights and vegetarianism.

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**William McCoy:**

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