



Sister Vegetarian's 31 Days of Drama-Free Living: Exercises and Recipes for a Healthy Mind, Body, and Spirit

Donna Beaudoin

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Are you, to paraphrase Fannie Lou Hamer, sick and tired of being sick and tired? In her lively and inspiring guide to living well, Donna Beaudoin?a.k.a. Sister Vegetarian?reports on how she lost weight, gained energy, and healed herself by finally embracing the vegetarian lifestyle that she'd attempted (and failed) to achieve many times in the past. Through a full month, Sister Vegetarian provides personal stories, practical tips, mouthwatering recipes, and empowering thoughts that will help you avoid the drama and negativity of family members, coworkers, and your own doubts as you set about supercharging your day by eating healthily, exercising with energy and joy, and becoming aware of your own strength.

Honest, compassionate, and spirited, *Sister Vegetarian's 31 Days of Drama-Free Living* is perfect for anyone who wishes to transition to a vegetarian or vegan diet, and needs a best friend to help them on their journey.

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Is it a person who having spare time subsequently spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something totally new? This Sister Vegetarian's 31 Days of Drama-Free Living: Exercises and Recipes for a Healthy Mind, Body, and Spirit can be the answer, oh how comes? A fresh book you know. You are and so out of date, spending your extra time by reading in this new era is common not a geek activity. So what these publications have than the others?

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