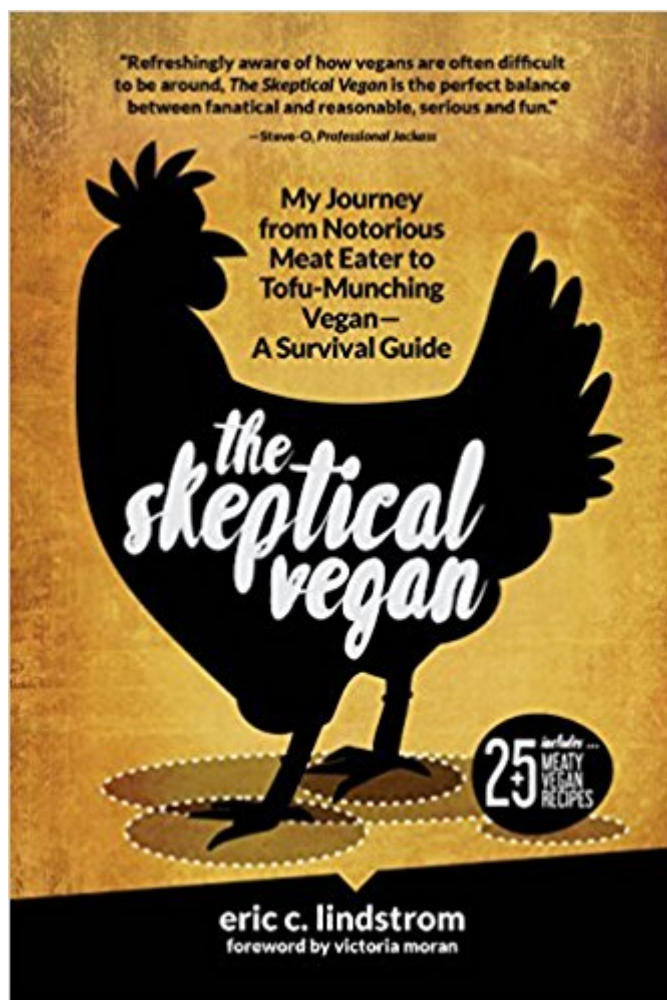


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# The Skeptical Vegan: My Journey From Notorious Meat Eater To Tofu-Munching Vegan—A Survival Guide



## Synopsis

Vegan Confessions of an Ex-Omnivore and His Survival Guide to Living Fully (Literally and Metaphorically). Growing up in an all-women household and coddled endlessly by his Italian mother and grandmother, Eric Lindstrom was nourished to obesity on meaty sauces, fried eggs, and butter-laden cookies. After spending the first half of his life as an adamant omnivore, Lindstrom went 100% vegan. Reluctantly. Overnight. From burgers to beets, from pork to parsnips. It's time for a down-to-earth book that proves anyone can go vegan (even someone who once ate sixty-eight chicken wings in a sitting). How can a man adopt a vegan approach? Won't he die of protein deficiency? What if he is married to a vegan woman? How would he order a salad at a Minnesota steakhouse? What should he bring to a gluten-free, nut-free, macrobiotic, nightshade-free, oil-free, vegan potluck (true story)? Part confession and part survival guide, The Skeptical Vegan explains how simple it really is to be vegan, covering topics from food and nutrition to social challenges and lifestyle. Snarky, witty, and opinionated to a fault, Lindstrom speaks as a male vegan, contesting the notion that "real men" should only eat meat. With twenty original "veganized" recipes including portobello steaks, carrot hot dogs, tofu wings, "meaty" chili, and cauliflower bites (which helped him shed thirty pounds), Lindstrom demonstrates how to take control of your diet while still eating "meatily" and taking into account the ethical considerations of living a better life for the animals, the environment, and yourself.

## Book Information

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## Customer Reviews

"Refreshingly aware of how vegans are often difficult to be around, Lindstrom has found the perfect balance between fanatical and reasonable, serious and fun. When you decide it's time to stop participating in mass cruelty and cultivating avoidable diseases—read this book. Lindstrom inspires us without feeling preachy, and educates us without being boring. The Skeptical Vegan is a fantastic starting out point for those looking to improve their physical, spiritual, and emotional health." —Steve-O, Jackass "If you're skeptical about a vegan lifestyle, Eric's witty stories and personal anecdotes will make you a true believer." —Matthew Modine, Actor, Birdy, Full Metal Jacket, Stranger Things "Eric's journey to veganism is an inspiring read. But it's his smart-ass sense of humor and relatable storytelling that makes this book tough to put down." —Richard Marx, singer, songwriter, musician "Clearly illustrates that veganism is sexy." —VegNews Magazine "Anyone who has ever wondered about veganism or who thinks it's impossible to go from complete carnivore to total vegan in one day will thoroughly enjoy The Skeptical Vegan. Part memoir, part vegan guide, . . . Lindstrom's illuminating tale tells of how a hilarious guy who used to think vegans were a bunch of inscrutable hippies made the journey via the express bus and never looked back (except at first). A funny and page-turning read!" —Sherry Colb, author of *Mind If I Order the Cheeseburger? And Other Questions People Ask Vegans* "With one part fact, one part inspiration, and two parts humor, Eric covers all the bases of transitioning to veganism in this guide. The Skeptical Vegan is bound to be a helpful resource for even the most cynical of potential vegans. He is an expert at making the reader feel like a welcome friend and veganism like the approachable, life-changing journey that it is." —Kristy Turner, chef and author of *But I Could Never Go Vegan!* "The Skeptical Vegan is so funny, you won't even notice it's changed your life until after that happens. Reading it was like getting a massage: great until it ended, and it made me mad that it didn't last longer." —Victoria Moran, author of *Main Street Vegan* and director of *Main Street Vegan Academy* "If Dave Barry and Erma Bombeck had a son, and he wrote a book about going from wing-devouring omnivore to vegan overnight, this would be the book. With equals parts sarcasm, honesty, and humor, Eric chronicles how he improved his life by changing his diet. What began as a bet, became a full-fledged commitment new, ethical, and compassionate way of life. . . . If you are already vegan, you will find yourself nodding your head as you read, and occasionally shouting 'YES!' and laughing at the jokes only vegans will understand. . . . Eric proves that even the most die-hard meat eater can become vegan and love every minute of it." —Michael Suchman, co-founder of *VeganMos.com* and co-author of *NYC Vegan* "Striking just the right tone, The Skeptical Vegan inspires without evangelizing, informs without moralizing, and

never forgets who the audience is. You'll think Eric was inside your head when he wrote this book because he asks every question you've ever had and provides helpful answers to every one." Colleen Patrick-Goudreau, *The 30-Day Vegan Challenge* and *The Joy of Vegan Baking* "Wit and wisdom from a down-to-earth dude, in a book that should be on the tip of your tongue every time a friend says, "So what's this vegan thing all about?" Not only is Lindstrom's refreshing voice relatable to current vegans, but it is accessible and welcoming to those who might be veg-curious, or dare I say, skeptical. An absolute delight!" Brian L. Patton, vegan chef and author of *The Sexy Vegan Cookbook* ([thesexyvegan.com](http://thesexyvegan.com)) "A lighthearted, funny look at one man's transition to veganism." Toronto Vegetarian Association

Eric C. Lindstrom is the editor of the Meaty Vegan blog, which features vegan opinion, recipes, and cutting-edge satire, and the founder of the vegan design and marketing firm ThankTank Creative. Today, he thrives on plant-based foods along with his vegan wife, vegan dog, and two vegan babies in Ithaca, New York. Victoria Moran ([www.mainstreetvegan.net](http://www.mainstreetvegan.net)) is a vegan of over three decades, an obesity survivor, and the current female winner of Peta's Sexiest Vegan Over 50. Listed by VegNews among the Top 10 Living Vegetarian Authors, she's written twelve books, including *The Love-Powered Diet*, *The Good Karma Diet*, and the iconic *Main Street Vegan*. She hosts the award-winning *Main Street Vegan* podcast and directs *Main Street Vegan Academy*.

Received this as a gift, and spent the weekend reading it. Funny, insightful and practical, lots of quotable passages and good advice. I'm already vegan, and the book rings true - from die-hard meat eater to vegan. And the very first recipe was a game changer - rice paper bacon! True, the book doesn't contain the marinade he uses, but once you have the concept you'll find tons of recipes on line. Trust me, it's worth it!

If you're looking for a book that is full of valuable information and will make you laugh out loud throughout, this is the book for you. The author never claims his journey was easy but proves that anyone is capable of giving up animal products and loving it. The recipes at the end are tried-and-true and an excellent addition to seasoned vegans', new vegans', or even omnivores' collections! While many vegans will be able to relate to the author's journey, this book would also make an excellent gift for someone who is considering the vegan lifestyle. Anyone who says vegans don't have a sense of humor will definitely be proven wrong!

Firstly this is a book about one person's journey in life so far and that in itself makes it a compelling read and worth checking out. Secondly while this book will obviously appeal to vegans I also like that it does a really good job of speaking to those who are maybe vegan-curious or to people who are just trying to understand the vegan people in their lives. After all it can only make the world a better place when we take the time to learn why people are who they are and voices like Eric's who has lived two very different lives has a perspective that we all can learn from. As a bonus there's also some very tasty sounding recipes included that I'll have to try and he even throws in some for those of us who need to avoid gluten. This was both a fun and informative read and would definitely recommend it!

As a whole foods, plant-based eater, I am not at the higher levels of veganism that Mr. Lindstrom has attained, nor am I certain I want to get there. That being said, I really respect and appreciate vegans in ways I never did when I ate whatever I wanted (having no food allergies). Cooking at home and eating vegan dishes isn't hard--it's truly delightful. The author points out that your palate will change and things that were once delicious (like processed breakfast cereal) will now taste like chemicals and sawdust. This is absolutely true in my experience and that of many others I know. However, it can be quite hard to eat out on a vegan diet. Really. Hard. Eating primarily vegetarian for the year prior to giving up animal products was easy compared to eating vegan. But like the challenges faced by those with gluten-sensitivity issues, things are improving and it's worth it to follow a vegan diet. The author regularly pokes fun at the manic aspect of many vegans personalities, and that is amusing and certainly rings true for anyone who knows fanatical vegans. His tongue-in-cheek quips about how you can tell if someone is a vegan (don't worry--they'll tell you) and the journey he took to veganism is entertaining and enlightening. Sometimes there was a level of preaching tantamount to that of a old time revivalist reminding congregants that following Jesus was the only way to avoid Hell. To some degree, the author does appeal to the compassion and logical mind of his audience, but I recognize it's a very fine line between preaching and teaching. I really appreciated and enjoyed the author's personal story of becoming a vegan but did feel his vegan pomposity became a little hard to bear at times, and that's coming from someone who doesn't eat meat, dairy, or eggs already! I checked this e-book out from the library and did find that there were elements missing from one of the recipes in the back--specifically the rice paper bacon--such that I had to go online to find more information on how to make it. Just a warning if the Kindle or physical print books were also affected--there are blogs online with the ingredients for the

rice paper bath. Overall I'm pleased to have read this book and that it exists. I hope that there are others who will read this book and at least walk away with some questions and concerns. Whether you believe that eating animal flesh is not really all that good for people, are certain killing animals for food and goods is unethical, or any combination of levels of the two, this book may help you further define the type of eater you are. If all citizens of this planet would give up one or two animal-based meal a week, it would end the suffering and butchery of millions of animals annually. While I realize the author wants everyone to eat vegan, I believe incremental change will go farther to change the animal industry in a way that won't bankrupt entire economies and is more reasonable and sustainable. Between 2009 and 2015, the percentage of the U.S. population that identified as vegetarian or vegan went from 3% and 0.5% to 5% and 2.5%, respectively. Meat consumption in this country dropped over 12% between 2007 and 2012, and even with animal farmers increasingly adopting "more humane" ways of raising animals, it appears numbers continue to drop. I'm a strong believer in progress over perfection, and while I understand the ethical vegan's desire to see an end to animal suffering, the reality is that even if humans never ate animal products, there would be animals that were abused by humans. After all--humans still abuse each other. Even vegan humans abuse each other.

Great book. If you are reading this review just hit buy now. You are already in too deep. I too found myself a Skeptical Vegan... From quarter pounders and cheese to veggie burgers. just admit to yourself you need this like i did.

Lindstrom tells his story with a clear message, and incorporates humor and personal experiences to keep the reader interested.

Enjoyed reading this! Eric Lindstrom shared his transformation with information for everyone and not in a preachy way. This is a fun read, share with your friends!

If you are already a smug vegan type then I imagine this book might be a fun, relatable read. But if you are thinking about becoming a vegan and looking for a light-hearted book to support your goals this is not it. The author loosely relates his story of becoming vegan, but from chapter one he is pretty set on preaching to the choir that meat, eggs and dairy are dangerous killers and that the killing of any animals is bad. If you believe this already then you will enjoy this book, if you are "skeptical" about any of that this book will not help.

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Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two)

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