



## For the Vegetarian in You

*Billy Ray Boyd, Joanna Macy*

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**For the Vegetarian in You** Billy Ray Boyd, Joanna Macy

Did you know that meat, eggs, and milk are not the best sources of protein? Revealing how animals, the environment, our bodies, and even our relationships can benefit when we opt for a vegetarian or vegan diet, *For the Vegetarian in You* builds a compelling case for action.

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