

New publication



The Vegan Guide

"Chapter 4 is the best, fairly falling off my chair laughing."
- Tim Barford, founder of Vegfest UK

Key Sales Points

The best value, comprehensive guide.
160 pages, retail price only £5.

Authors **Alex Bourke** and **Ronny Worsey** have between them 50 years of living vegan, working in vegan cafes and at The Vegan Society, Animal Aid and Viva!, producing the *Scoffer* series of vegan cookbooks and lots of travel guides, and doing talks and workshops at vegan festivals, in schools, on radio and tv.

Comprehensive up-to-date nutrition info

Chapters by a vegan nutritionist and a vegan GP.
(both have degrees in nutrition)

Fast and easy cooking techniques

Ronny has worked as a caterer and chef in vegan restaurants from London to Edinburgh. Alex was a co-founder of Pogo Cafe in London.

All the answers for new vegans

Chapters on Getting started, A balanced diet, Kitchen techniques, Replacing meat, dairy and eggs, Eating out, Holidays, The twenty tribes of vegans, Clothing, Pets, Dealing with family, Vegan children, Reversing diabetes, Where to get help.

National media campaign throughout 2021

Print media, radio interviews, festivals

Over 80,000 sales of previous titles !

Retailer Information:

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Categories: Veganism. Animal rights. Cookery. Wellbeing. Save the planet.
Title: **The Vegan Guide** - everything you need to embrace the world's fastest growing way of life
Authors: **Alex Bourke & Ronny Worsey**
Language: English
Price: **£5.00**
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Extent: **160 pages, paperback**
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Published by: Vegetarian Guides Ltd, London
Illustrations: Colour photographs, diagrams



THE VEGAN GUIDE

EVERYTHING YOU NEED TO EMBRACE THE WORLD'S FASTEST GROWING WAY OF LIFE

Alex Bourke & Ronny Worsey

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View contents, look inside, grab a cover image and text for your website, at www.TheVeganGuide.info

Book trade order from stock at:
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Also available

Vegan London Complete
978-1-902259-20-8
£14.95. 800pp. Full colour throughout.
The 7th edition of *Vegetarian London*, expanded and renamed. Where to eat vegan all across London. 30,000 sold.

With restaurants open again, why not get in a copy. Your customers can find updates at www.VeganLondon.guide

