

Beyond Beliefs A Guide To Improving Relationships And Communication For Vegans Vegetarians And Meat Eaters

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In Beyond Beliefs, internationally recognized food psychology expert and longtime relationship coach Dr. Melanie Joy provides easy-to-understand, actionable advice so you can: - Learn the principles and tools for creating healthy relationships - Understand how to communicate about even the most challenging topics effectively - Recognize how the psychology of being vegan/vegetarian or of being a meat eater affects your relationships with others, and with yourself

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Instantly you wish you could be at least a fraction as articulate as she is. Luckily, you now have in your hands a guide to help you navigate distances between you and the others in your life, the world, and yourself. Beyond Beliefs will leave you feeling clearer, more connected, confident, and even though many difficult issues are addressed happier. Highly recommended for anyone who wants to be a more mindful agent for bringing the light of conscious living to everything from personal ...

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Beyond Beliefs is an insightful and constructive read geared especially for vegans who struggle to some degree in how to be in a relationship with a non-vegan. That said, it's also a book based on the doctor's thorough understanding of psychology and the principles found in this book could be helpful to nearly anyone.

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Beyond Beliefs A Guide to Improving Relationships and Communication for Vegans, Vegetarians, and Meat Eaters This award-winning book is an insightful and practical guide for vegans and those they are in relationship with: friends, family, colleagues, and even other vegans.

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