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explains the importance of healthy eating. The book is designed for people who know little about plant based nutrition, and for those who are fully knowledgeable.

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This book is hands down the BEST guide to plant-based nutrition! It is extremely lengthy, but well written and incredibly informative. I follow a plant-based lifestyle and am familiar with a lot of the topics that were discussed but it was nice to be able to read about them more in-depth.

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