



Plant-Strong: Discover the World's Healthiest Diet--with 150 Engine 2 Recipes

By Rip Esselstyn

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The # 1 *New York Times* bestseller--now in trade paperback for the first time!

In this #1 *New York Times* bestseller (originally published as *My Beef with Meat*), Rip Esselstyn arms readers with the 36 most powerful facts that prove, once and for all, that a plant-based diet can save your life. Do you want to: Prevent cancer, heart attacks, stroke, and Type 2 Diabetes? Eat plants! Have stronger bones than milk could ever give you? Eat plants! Avoid dangerous carcinogens and contaminants? Eat plants! Lose weight and look great? Eat plants! On top of these arguments are 150 other reasons why plants rule--as in 150 delicious, mouth-watering Engine 2 recipes, including 10 that are exclusive to this new edition. Prepare to eat well, be healthy, and live plant-strong!

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Bibliography

- Sales Rank: #3251 in Books
- Brand: Grand Central Publishing
- Published on: 2015-12-29
- Released on: 2015-12-29
- Original language: English
- Number of items: 1
- Dimensions: 9.13" h x .88" w x 6.00" l, .0 pounds
- Binding: Paperback
- 304 pages

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Editorial Review

Review

"*My Beef with Meat* is one of the most enlightening and practical books you'll ever read. Rip Esselstyn tackles every key health issue and provides exactly the information readers need to achieve the best of health and peak performance. As one of the most respected leaders in the movement for better health, Rip Esselstyn tells it exactly as it is." --**Neal D. Barnard, MD, *New York Times* bestselling author of *The 21-Day Weight Loss Kickstart* and Adjunct Associate Professor of Medicine at George Washington University School of Medicine**

"Rip Esselstyn is a living, breathing example of what a plant-based diet can do for you. In his new book, he lays out exactly why you get so strong and healthy by avoiding meat and opting for food that's grown in the ground or on trees. Eat like he does and be transformed!" --**Kathy Freston, bestselling author of *The Lean***

"Once again Rip cuts the bull and serves up the straight facts, along with delicious recipes, for health and performance. I wish I had this book when I decided to go plant strong!" --**Scott Jurek, world renown ultramarathon champion and bestselling author of *Eat and Run***

"This book is revolutionary! It dispels all the nutrition myths that cause sickness and confusion in our society. Rip is straight-forward, succinct and caring with his delivery of information that will save your life. Arm yourself with knowledge and delicious plant-strong recipes!" --**Lindsay S. Nixon, author of *The Happy Herbivore Cookbook* series**

"Debunking the myths about animal products and distilling the facts about healthful eating, this book should be required reading for everyone who eats. In other words, EVERYONE!" --**Colleen Patrick-Goudreau, bestselling author and creator of *The 30-Day Vegan Challenge***

"*My Beef with Meat*" makes it clear why a plant-based diet is the best diet on earth, and why an animal-based diet is so unhealthy. This fascinating and fun book is a must for anyone interested in health and nutrition!" --**Brian Wendel, Executive Producer of *Forks Over Knives***

"In his new book, Rip Esselstyn continues his trailblazing efforts to create a healthy plant-strong nation by extinguishing many of the myths and concerns about a whole foods plant-based diet." --**Jeff Novick, MS, RD**

About the Author

Rip Esselstyn is the *New York Times* bestselling author of *The Engine 2 Diet* and *My Beef with Meat*. He has been featured on and in *Today*, *Dr. Oz*, *Time*, and *Newsweek*, among other media. A former world-class professional triathlete, Esselstyn joined the Austin fire department in 1997. In 2009, Esselstyn became a healthy eating partner with Whole Foods Market and currently travels around the world promoting the Engine 2 lifestyle.

Users Review

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Dale Perez:

What do you think about book? It is just for students as they are still students or it for all people in the world, the particular best subject for that? Only you can be answered for that query above. Every person has distinct personality and hobby per other. Don't to be compelled someone or something that they don't need do that. You must know how great and important the book Plant-Strong: Discover the World's Healthiest Diet--with 150 Engine 2 Recipes. All type of book are you able to see on many options. You can look for the internet options or other social media.

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Wendy Lambert:

Plant-Strong: Discover the World's Healthiest Diet--with 150 Engine 2 Recipes can be one of your starter books that are good idea. Many of us recommend that straight away because this book has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort that will put every word into joy arrangement in writing Plant-Strong: Discover the World's Healthiest Diet--with 150 Engine 2 Recipes nevertheless doesn't forget the main position, giving the reader the hottest and based confirm resource information that maybe you can be one among it. This great information can certainly drawn you into brand-new stage of crucial imagining.

Jeremy Windham:

What is your hobby? Have you heard which question when you got students? We believe that that question was given by teacher to their students. Many kinds of hobby, Every individual has different hobby. And also you know that little person just like reading or as reading through become their hobby. You have to know that reading is very important as well as book as to be the factor. Book is important thing to incorporate you knowledge, except your own personal teacher or lecturer. You find good news or update regarding something by book. Many kinds of books that can you take to be your object. One of them is actually Plant-Strong: Discover the World's Healthiest Diet--with 150 Engine 2 Recipes.

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