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*Helena von Allmen*

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Essential guide. How and why to become vegan. Cartoon book dedicate to young people, useful for adults, with 30 quotes and caricatures of famous vegetarian personalities. Included: -MANY PEOPLE DON'T EAT ANIMALS. WHY? -30 CARICATURES AND QUOTES OF FAMOUS PERSONALITIES. -HUMANS ARE FRUGIVORES. -HURRAY, VEGETABLES PROTEINES! -WASTED CEREALS FOR FEED FARMA ANIMALS. -FOOD AND THOUGHTS. -WHO LIVES BY THE SWORD, WILL PERISH BY THE FISH SWORD! -CRUELTY FREE AND ANTI-VIVISECTION. -THE FIRST REASON: COMPASSION.

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