

Never Too Late to Go Vegan: The Over-50 Guide to Adopting and Thriving on a Plant-Based Diet

Carol J. Adams

Patti Breitman

Virginia Messina

The Experiment Publishing (Jan 28, 2014)

Softcover \$16.95 (384pp)

978-1-61519-098-0

Whatever your vegan reason—deplorable slaughterhouse conditions, land degradation caused by monoculture farm practices to raise animal feed, overwhelmingly positive health benefits—eating plants exclusively is a profoundly positive decision, and this book just may close the deal for you.

MATT SUTHERLAND (Spring 2014)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.