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being vegan the welfare of animals, blah blah. While I
agree that animals suffer I don't care to read about it in
this kind of a book. Also I feel that the information this
book gives is insufficient and I would love to hear more

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Mangels is a nutrition advisor for the nonprofit Vegetarian Resource Group, and throughout the book uses her extensive nutrition expertise to present the reader with a plethora of vegan recipes baby and mama will love. The Best Vegan Pregnancy Books For You & Your Baby Bump The Everything Vegan Pregnancy Book: All you need to know for a healthy pregnancy that fits your lifestyle (Everything Series) - Kindle edition by Mangels, Reed. Download it once and read it on your Kindle device, PC, phones or tablets. The Everything Vegan Pregnancy Book: All you need to know ... The Everything Vegan Pregnancy Book by Reed Mangels, 9781440525513, available at Book Depository with free delivery worldwide. The

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