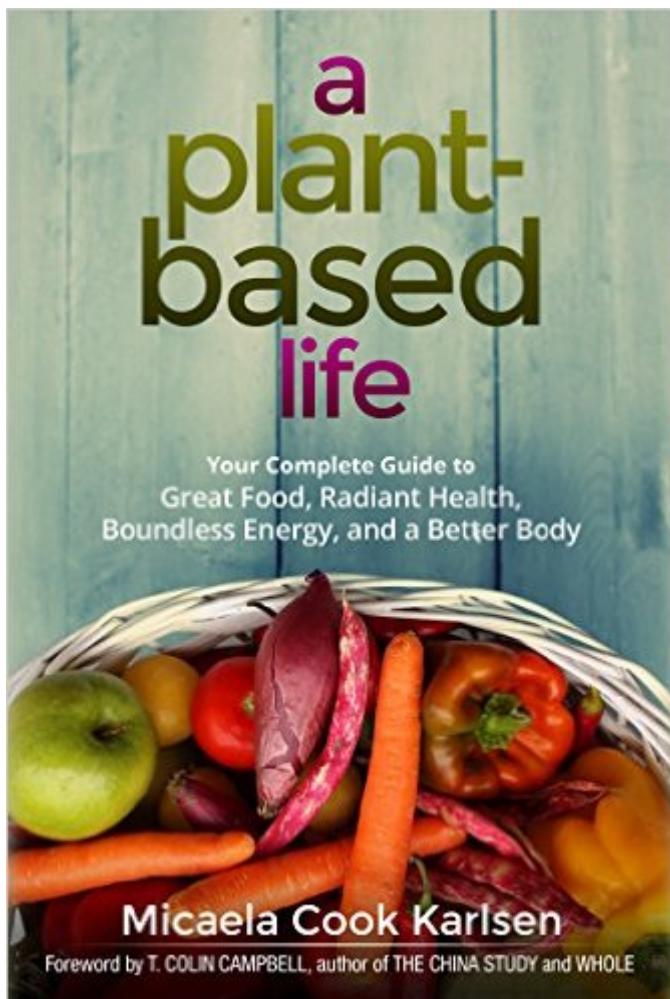


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# A Plant-Based Life: Your Complete Guide To Great Food, Radiant Health, Boundless Energy, And A Better Body



## Synopsis

More people than ever are eating a whole-food, plant-based diet. Studies show that it is better for our bodies and better for the planet--but it isn't always easy. Let *A Plant-Based Life* be your guide. Whether you're taking your first steps on this path to wellness or recommitting yourself to success, author Micaela Cook Karlsen clearly maps the way. Her program enables you to set your own pace and stay the course--without relying on willpower. Drawing on personal experience and the latest research, she reveals how to:

- Find and sustain your motivation
- Gradually add more whole, plant foods into your diet, crowding out less nutritious fare
- Break old food addictions and establish new habits
- Translate favorite recipes to create delicious, nourishing meals
- Reshape your food environment (at home, at work, and on the go) to make healthy eating a no-brainer
- Cultivate relationships that celebrate and support your new lifestyle

Especially valuable are directions for navigating roadblocks. Here you'll find strategies for getting family members on board and for allaying friends' concerns about your food choices with evidence-based nutrition information. Take advantage of shopping tips, pantry lists, menu plans, and more than 100 mouth watering recipes, with contributions from plant-based leaders including Ann Crile Esselstyn, Cathy Fisher, Chef AJ, Craig Cochran, Chef DelSroufe, Jeff Novick RD, Julieanna Hever MS RD CPT, Kathy Pollard MS, Kris Carr, Matthew Kenney, Matthew Lederman, MD, Micah Risk, Priscilla Timberlake and Lewis Freedman RD, Robby Barbaro, and Susan Benegas. If your goal is a healthier, more energized--exuberant--life, make this book your personal GPS. The journey will be more satisfying than you ever imagined.

## Book Information

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## Customer Reviews

I didn't get the book from ( it's a new offering (?) as I'm the first reviewer). Have been making transition to whole plant based diet after reading books like those written by Joel Fuhrman and watching documentaries like "Forks Over Knives" and "Fat, Sick and Nearly Dead". Also bringing my husband along (who's on board) and my two young teens (not always so enthusiastic about plants). Some of the areas I particularly found of value in Karlsen's book include (in no particular order):1) menu planning (having to relearn)2) loved the table showing the cost of different dinner for four, four different ways (I'm telling my hubby we're spending about \$50-100 less per trip to store on groceries and can point an actual example of why)3) liked the chart to help figure out context of eating decisions on non-plant based and processed foods - helped me pinpoint certain area I was having trouble on with ideas4) specific strategies for achieving texture and flavor, using left overs,5) specific ideas for "creating a new normal" In my 5-star review of Muelrath's book "The Plant-Based Journey", I mentioned the high value of Karlsen's book. Karlsen's book is similar and yet different to Mulerath's book. Both are full of transition suggestions and both have recipes. I cook a lot so recipes were not of as much value to me as menu planning and transition ideas. Have tried one recipe in Karlsen's book for Carrot Cake with Nutty Frosting which the family really liked. People like me will most like beware of T. Colin Campbell (author of "The China Study"). He wrote the preface to Plant Based Journey and the foreword to Plant Based Life. So, anyone making the transition to a plant-based diet should have both books in their personal libraries. You will get significant value out of both books.

I really enjoyed reading this book, and it inspired me to add more whole foods to my life (I was already following a plant-based diet). The writing style is very readable; it also helped me understand the basic science behind the many lifestyle diseases that are our top killers - and how to prevent them. I also love the different speeds at which you can choose to make the changes, and the practical tips on how to implement them. The recipes at the end of the book have been great! I've already tried several, and they've all been delicious - especially the Rescue Quinoa and the "Basket of Jewels with Walnut Sauce!"

A Plant-Based Life is a must-read for anyone interested in a healthier lifestyle. Between charming personal experiences and compelling science, Micaela offers a step-by-step guide to give you the support you need in every step of your journey. Whether you want to dive in 'cold tofurkey' or ease into change slowly, Micaela has a plan for you. She addresses the science and benefits of a

plant-based lifestyle, provides delicious recipes and cooking tips, and offers research in willpower, behavior change, and motivation to help you make lasting changes. As a graduate student in nutrition science and a future plant-based doctor, I know I will be recommending this book to all my patients. It's a kind and self-care-promoting resource to not just read through once — take notes, refer back to sections, and use it as your go-to guide for a healthier lifestyle. Do yourself (and your entire family) a favor, and order this book now!

As a practicing internal medicine physician and longtime director of a weight-management program, I am thrilled to recommend this book to my patients and my friends. Practical, evidence-based, and easy to read, *A Plant-Based Life* fills an important gap: you want to eat more healthfully, but you don't know how to get there. Micaela Karlsen expertly guides you through steps to change your behavior and meet your goals, realistically and sustainably. This book is a triumph!

Interesting and eye opening information on switching to a more plant based diet.

I love this book so far! I will write a more complete review when I finish it.

I really like this book as it is complete, easy to read and gives lots of vegan recipes

Great read!

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