



Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately

Colleen Patrick-Goudreau

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Live a joyful, compassionate life, every day of the year with Colleen Patrick-Goudreau's guide, *Vegan's Daily Companion!*

Mondays: For the Love of Food – A celebration of familiar and not-so-familiar foods to spark enthusiasm for eating healthfully.

Tuesdays: Effective Communication – Techniques and tactics for speaking on behalf of veganism effectively and compassionately.

Wednesdays: Optimum Health for Body, Mind, and Spirit – Care and maintenance for becoming and remaining a joyful vegan.

Thursdays: Animals in the Arts: Literature, Film, Painting – Inspiration across the ages that reflects our consciousness of and relationship to non-human animals.

Fridays: Stories of Hope, Rescue, and Transformation – Heartening stories of people who have become awakened and animals have found sanctuary.

Saturdays + Sundays: Healthful Recipes – Favorite recipes to use as activism and nourishment.

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