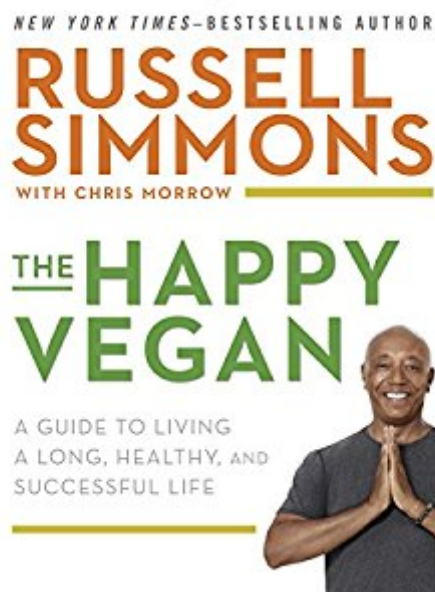


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# The Happy Vegan: A Guide To Living A Long, Healthy, And Successful Life



## Synopsis

Master entrepreneur, original hip-hop mogul, and three-time New York Times best-selling author Russell Simmons offers an inspiring guide to the benefits of conscious eating and veganism. In the New York Times best seller *Success Through Stillness*, Russell Simmons shared how meditation can be used as a powerful tool to access potential in all aspects of life, having seen himself how achieving inner peace led to outward success. In *The Happy Vegan*, Simmons shares how once he started practicing yoga and meditation, he became more conscious of his choices, particularly the choices he made regarding his diet. Simmons first adopted a vegetarian and then vegan diet and almost immediately began to experience the physical, mental, and emotional benefits of eating green and clean. He delves into research about mindful eating, the links between stress and poor eating habits, the importance of listening to your body, and the well-documented problems associated with eating animal products and processed foods along with tips on how to transition to a vegan diet. Drawing on his own experience, the experiences of others, and science and research on the health benefits of conscious eating and veganism, *The Happy Vegan* is an accessible and inspiring guide to help others make the move toward a vegan diet and a more successful, focused, and purposeful life.

## Book Information

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## Customer Reviews

I've been trying to live a plant based diet on and off for about a year now. It was working amazingly until I fell off while staying in the hospital with my mom as she died of cancer. I didn't have the

discipline, or the composure, to stay off meat and dairy while I was so worried about her. I read Russell's book after listening to a preview on Audible. The part about his mom passing really hit me, having just gone through that. Everything he mentions in the book is right on. My skin was shinier, I had lost 65 pounds(!), I didn't crave garbage food any more, I had way more energy than I've had in a long time, and all my ailments, including acid reflux, were gone. Now that I'm getting back into it after such a long lapse, I wanted something that inspired me like I had been when I first switched to a plant based diet. This definitely did it. He talks about the studies done overseas, away from the lobbying groups, that prove a dairy and meat heavy diet leads to cancer. He mentions the fact that a plant based diet can, just like it did for me, not only prevent but reverse bodily ailments. I like the fact that he goes over how to stay vegan while eating at normal restaurants like Burger King, answering objections or stereotypes that people may throw your way, and how to get going and start off easily down the road to plant based living. It was right up my alley and it's got me started back on a vegan lifestyle once again. I'm glad I picked this one up.

As a black woman who is vegan, I've read a ton of vegan books, and don't get me some were good and some not so good, but one thing they were NOT was relatable to me. Even though you know Russell Simmons is a millionaire the stuff he talks about in his book, in regards to his childhood and the foods he grew up on, it's soooo relatable. You just get him. I also love that as you read the book you don't feel like he has a hidden agenda to sell you vegan products or push some vegan diet plan. You feel like he honestly just cares about getting the message out about health and compassion. I will most definitely recommend this book to everyone I know.

Russell Simmons is my very own meditation coach and nutritionist. His advice is not only just brilliant practical advice but can help you obtain achievable goals. I am not a complete vegan just yet but so far since reading this book I have lost 16 pounds without intentionally doing it to lose weight. I am now focused on treating my body and mind more kindly.

Here's the bottom line this book is a major step in the right direction. This book tries to introduce the concepts of being a vegan to people who would otherwise be closed off to the ideas entirely. Maybe this book doesn't take a militant approach at taking people in to the ethical and health benefits of living vegan. However if people start to adopt just a few of the lifestyle changes in this book then we all win. Change is a slow and steady process especially when it comes to the American palette. If you want to live a healthier, longer life and need a good intro to eating better then read this book.

Very enlightening and encouraging. But 75% of the book goes into great detail about the cruelty and torture that animals go through while in feed lots (CAFOs). It's truly shocking. So much so that on several occasions I had to stop reading to collect myself. It's non stop, in your face, brutal honesty about the meat/poultry/dairy industry and what it's doing to the planet, our bodies....and the animals. If you're an "aware" person and thinking about becoming a vegetarian or vegan, this book will help get you there. But brace yourself for the brutal facts.

Excellent, reaffirming, and enlightening! Russell did a great job of breaking it down and keeping it real! I'll likely read it again!

I love the honest and passionate message in this book. I have given up red meat but I was not sure how to transition further. This book gave me the information I needed to move forward. I highly recommend this book.

Russell Simmons takes both a basic and nonjudgmental approach to promoting veganism. In his book, he addresses the health benefits, the positive environmental impact, and the ethical reasons associated with plant-based eating. Additionally, he includes some material on facilitating a healthy spirit and mind via the practice of yoga and meditation. As implied prior, this book is not complex or particularly "deep", but that is not necessarily a bad thing! It covers all the basics of veganism without overloading the reader with extraneous details. For those without much background knowledge of plant-based nutrition, this book would be a very good first step. For the experienced vegans, it could be an extremely useful resource for lending out to friends and/or family who are unsympathetic to your eating habits.

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