



## Plant-Based Performance: Know Your Own Strength

By Scott Shetler

Lulu.com, United States, 2014. Paperback. Book Condition: New. 277 x 208 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is a collection of articles from 22 vegan athletes, activists, and health and fitness professionals that will show you how to be healthy, strong, and fit while following a plant-based lifestyle. As an added bonus we have included over 20 of our favorite vegan recipes, training logs and tips from our authors. 100 of book sales revenue will go to benefit the Animal Legal Defense Fund and Forgotten Animals Rescue.



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