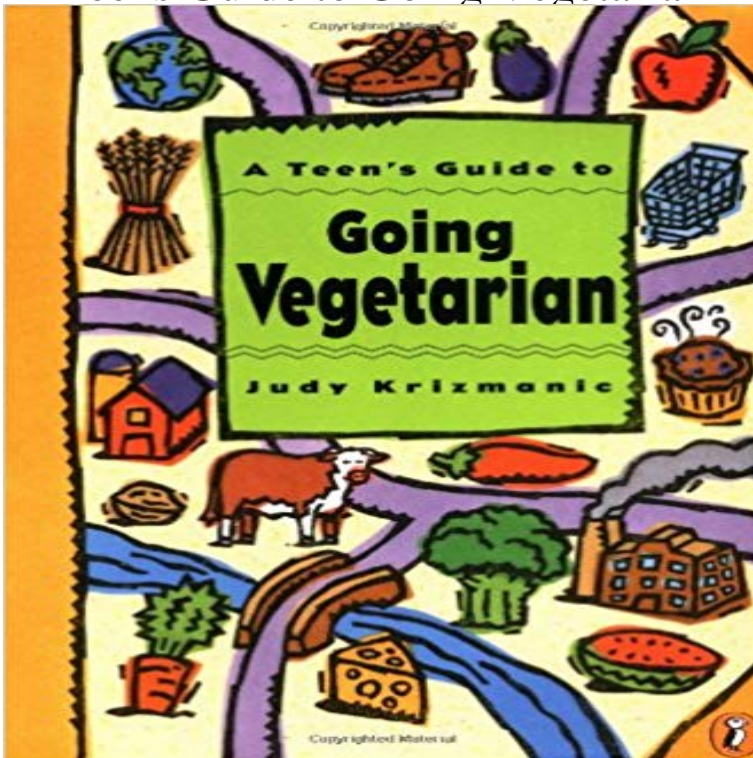


A Teens Guide to Going Vegetarian



Every day, all across America, more and more teenagers are going vegetarian--and here's the book that has all the answers they want and need. The guide covers all the bases--from nutritional requirements to dealing with anxious parents and friends--and includes some easy beginners recipes. It all adds up to the most comprehensive, accessible book of its kind.

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