



Plant-Based Performance: Know Your Own Strength

Scott Shetler

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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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