

[PDF] My Beef With Meat: The Healthiest Argument For Eating A Plant-Strong Diet-- Plus 140 New Engine 2 Recipes

Rip Esselstyn - pdf download free book



Books Details:

Title: My Beef with Meat: The Healthiest Argument For Eating A Plant-Strong Diet-- Plus 140 New Engine 2 Recipes
Author: Rip Esselstyn
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Description:

Review "*My Beef with Meat* is one of the most enlightening and practical books you'll ever read. Rip Esselstyn tackles every key health issue and provides exactly the information readers need to

achieve the best of health and peak performance. As one of the most respected leaders in the movement for better health, Rip Esselstyn tells it exactly as it is." --**Neal D. Barnard, MD, New York Times bestselling author of *The 21-Day Weight Loss Kickstart* and Adjunct Associate Professor of Medicine at George Washington University School of Medicine**

"Rip Esselstyn is a living, breathing example of what a plant-based diet can do for you. In his new book, he lays out exactly why you get so strong and healthy by avoiding meat and opting for food that's grown in the ground or on trees. Eat like he does and be transformed!"--**Kathy Freston, bestselling author of *The Lean***

"Once again Rip cuts the bull and serves up the straight facts, along with delicious recipes, for health and performance. I wish I had this book when I decided to go plant strong!" --**Scott Jurek, world renown ultramarathon champion and bestselling author of *Eat and Run***

"This book is revolutionary! It dispels all the nutrition myths that cause sickness and confusion in our society. Rip is straight-forward, succinct and caring with his delivery of information that will save your life. Arm yourself with knowledge and delicious plant-strong recipes!" --**Lindsay S. Nixon, author of *The Happy Herbivore Cookbook series***

"Debunking the myths about animal products and distilling the facts about healthful eating, this book should be required reading for everyone who eats. In other words, EVERYONE!" --**Colleen Patrick-Goudreau, bestselling author and creator of *The 30-Day Vegan Challenge***

"My Beef with Meat" makes it clear why a plant-based diet is the best diet on earth, and why an animal-based diet is so unhealthy. This fascinating and fun book is a must for anyone interested in health and nutrition!" --**Brian Wendel, Executive Producer of *Forks Over Knives***

"In his new book, Rip Esselstyn continues his trailblazing efforts to create a healthy plant-strong nation by extinguishing many of the myths and concerns about a whole foods plant-based diet." --**Jeff Novick, MS, RD**

About the Author Born in upstate New York, Rip Esselstyn grew up in Cleveland, Ohio, and studied speech communications at the University of Texas, Austin, where he was an All-American swimmer. After spending 10 years as a professional triathlete, Rip joined the Austin fire department in 1997. He now travels year-round lecturing and giving seminars on the Engine 2 lifestyle. He is the author of The New York Times bestseller *The Engine 2 Diet*. Visit his website at www.engine2diet.com.

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