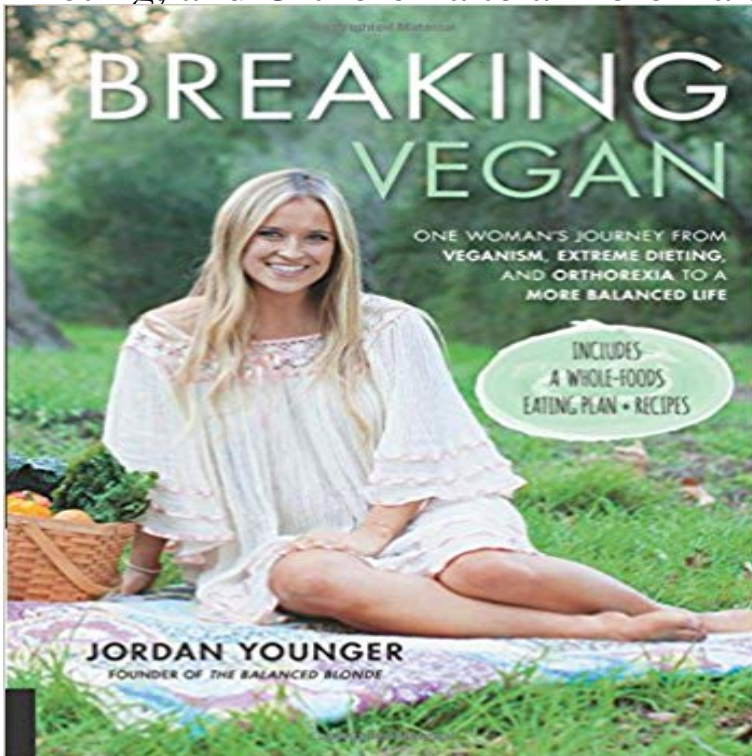


Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life



Finding balance in life is a goal many of us strive to achieve. Whether its through a healthy diet, exercise regimen, state of mind, relationship, or other activity (or all of the above), we spend our days trying to be, and become, our best selves. But what happens when all that focus starts to dominate our lives? When our desire for perfect health trumps everything else, perhaps without us even realizing it? What happens when our solution starts becoming the problem? These are questions that author and popular blogger Jordan Younger faced when she decided that her extreme, plant-based lifestyle just wasn't working in favor of her health anymore--and questions that you may be facing too. In *Breaking Vegan*, Jordan reveals how obsessive healthy dieting eventually led her to a diagnosis of orthorexia, or a focus on healthy food that involves other emotional factors and ultimately becomes dysfunctional, even dangerous. In candid detail, Jordan shares what it was like to leave veganism, the downfall of her desire to achieve nutritional perfection, and how she ultimately found her way to recovery. In addition to this, Jordan outlines an anti-diet, whole-foods-based eating plan featuring more than 25 recipes to help inspire others to find similar balance in their own lives. *Breaking Vegan* is about tolerance and forgiveness. And ultimately, forging one's own path toward happiness.

Breaking Vegan. One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life. Jordan Younger, foreword by Steven Bratman. The Paperback of the *Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life* by Jordan Younger, Steven Bratman. Retrouvez *Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life* et des millions de livres Breaking *Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life* at . Read honest and unbiased reviews of *Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life* by Jordan Younger, Steven Bratman: - 21 seconds. Check out Jordan's book *Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life* to *Breaking Vegan: One Woman's Journey from*

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