

Finding balance in life is a goal many of us strive to achieve. Whether it's 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.

*Finding My Happy Place* (Toronto Collection Book 8), *Strength of the Mate*, *Easy Bake Coven*, *Heart of Hurts*, Sir Walter Raleigh. *The Stanhope Essay*, 1897, *Building Your Business the Right-Brain Way: Sustainable Success for the Creative Entrepreneur*, *Self Improvement - The secret way to improve your performance at work and be successful* (*Ways to Improve Yourself Book 1*), *The Art and Ritual of Childbirth in Renaissance Italy*,

*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, foreword by Steven Bratman. [Buy the Paperback Book Breaking Vegan by Jordan Younger at Amazon](#). [Read honest and unbiased reviews of Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life on Goodreads](#). [Check out Jordan's book Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life on Amazon](#). [Watch a video about Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life](#) [Jordan Younger, Steven Bratman] [Buy the Paperback Book Breaking Vegan by Jordan Younger at Amazon](#). [Journey From Veganism, Extreme Dieting, And Orthorexia To A More Balanced Life](#) Jordan Younger, 25, launched her vegan lifestyle blog, *The Blonde Vegan*, in 2013 and .. *Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life*: Jordan Younger, *Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life*. [Breaking vegan : one woman's journey from veganism, extreme dieting, and orthorexia to a more balanced life / Jordan Younger](#). Watch a video about *Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life* book by Jordan Younger, *Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life* is available in PDF and

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