



# Eating in the Light: Making the Switch to Veganism on Your Spiritual Path

*Doreen Virtue, Becky Black*

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Is veganism the right path for you? This book will give you all the information you need to make that very personal decision for yourself. **Doreen Virtue** and **Becky Black, M.F.T., R.D.**, show you that it isn't just the fat or carbohydrate content that counts when making dietary choices—it's the "spiritual vibrational" quality of what you eat that truly makes a difference in how you look and feel.

In this fascinating guide, you'll learn how veganism can elevate your energy, help you become more psychic, and enhance your spiritual growth. You'll also read practical and nutritionally sound tips on how to:

- Ensure you get adequate protein and calcium
- Increase your spiritual vibrations and gifts
- Reduce or eliminate your cravings for meat and dairy products
- Adopt a cruelty-free lifestyle
- Cook vegan meals for yourself and your family
- Deal with skeptical meat-eating friends and family members
- Eat vegan meals at restaurants and while traveling

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