



Vegan Freak: Being Vegan in a Non-Vegan World

Bob Torres , Jenna Torres

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Curious about veganism? Want to be a vegan? Already a vegan? Just wondering how to be vegan without going insane? In this informative and practical guide on veganism, team Torres helps you love your inner vegan freak. Loaded with tips, advice, stories, and comprehensive lists of resources that no vegan should live without, this book is key to helping you thrive as a happy, healthy, and sane vegan in a decidedly non-vegan world. Witty, opinionated, and eminently useful.

Vegan Freak: Being Vegan in a Non-Vegan World Details

Date : Published August 1st 2005 by AK Press (first published July 1st 2005)

ISBN : 9780977080410

Author : Bob Torres , Jenna Torres

Format : Paperback 196 pages

Genre : Food and Drink, Vegan, Nonfiction, Food, Health

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From Reader Review **Vegan Freak: Being Vegan in a Non-Vegan World** for online ebook

Renee says

Hilarious, abrasive, direct, cutting, precise. This book is a lot of fun if you don't take yourself more seriously than you take veganism. They don't sugar-coat things: exploiting animals needlessly is not an option. If you went vegan to feel good about yourself because you love (cute) animals, then don't bother. If you went vegan because you give a shit about the rights of sentient animals to be left the fuck alone, then this is probably worth a read. Denying rights to others is not a choice, it is an abuse of power, and it is violence.

Mostly a practical guide to living vegan, while Bob's other book *Making A Killing: The Political Economy of Animal Rights* fills in the blanks where vegan ethics theory is concerned. They take a similar approach to Gary Francione and reference him a fair bit.

This is vegan education through a law/sociology/professor lens, it can grate occasionally for folks from less litigious countries, but it's also an approach worth being familiar with given the legal and legislative issues involved in creating change.

It will definitely grate on folks only in it for the feels, spiritual status, magic healing powers, or whatever... but whatever, Bob and Jenna aren't out to stroke egos. Animal lives being mindlessly extinguished matter more, and this is a book to educate people. It was useful to me in my early vegan years.

Some of the old Vegan Freak Radio podcasts are available on YouTube, check them out. They're a lot of fun.

Jessica Gwen says

As someone who is trying to transition to a vegan lifestyle, I found the advice in this book to be somewhat condescending. It totally trashed lacto-ovo vegetarians as well as vegans who "cheat" every once in a while. I think the draconian message of this book is likely to discourage people who are on the verge of becoming vegan, rather than encourage them to take the steps necessary to complete their transition.

I would have appreciated advice on how to avoid temptation at restaurants and around the holidays. Instead I was made to feel like an asshole because it is hard for me to resist cheese sometimes. Although there was some decent advice on how to handle comments from curious and/or insensitive omnivores, it wasn't really anything novel.

However, after reading this book I think maybe I need to remember my reasons for adopting this lifestyle, and put a little more effort into completing the transition.

Lisa Vegan says

I loved this book. (I am a vegan, mostly for animal suffering reasons, as are the authors.) In my opinion, this is the best support book for vegans out there (also see *Living Among Meat Eaters* by Carol Adams). I do have to admit, I felt angry at times during the reading of this book. In my opinion, it kind of encourages outrage. So, for those already unfriendly toward vegans or veganism in general, or those just mildly curious but largely ignorant about the lifestyle or the message promoted in this book, I'd expect some of those people to feel angry and defensive while reading it. So, maybe it's not the most inclusive book (although the authors do try to reach out to all their readers), but it's a wonderful book for vegans who feel different, misunderstood, or who just need to hear their beliefs (which are held by a small minority group) reflected back to them.

Mila says

I have a love-hate relationship with this book :) but it is actually my biggest reason to be an ethical vegan (freak, as the title).

This book is quite controversial for everybody (new vegan, old vegan, vegetarian, or even non-vegan) because the authors are very harsh and direct with their theory of defining a "real" vegan. In each chapter, the authors define (and keep remembering the reader) that vegan means ethical vegan with no exception. Ethical vegan means that the purpose of implementing veganism is for animal right. So, those vegans which doing it for diet, environmental and any other reasons are not vegans and push those kind of vegan to stop doing it (or stop calling themselves vegan). Because they will make non-vegan confuse and the real vegan pissed :P

Nevertheless, I love this book because it consists of tips and many tricks to handle people who isn't vegan. For me it's very important because after becoming a vegan, the hardest part is facing those people than finding a good and delicious vegan cuisine. And I actually used one of the tips for my best friend which is a long time vegetarian. To conclude, it really helped me.

Jim says

Poorly argued--ranting but no logic. And with a great deal of inexplicable animosity towards vegetarians. This book seemed written by and for a small coterie of vegans that are less interested in making the world a better place and more interested in maintaining the purity of what they think the word "vegan" should mean.

If you're interested in the health benefits of a plant-based diet, read *The China Study*. If you're interested in an overview of health, environmental and ethical reasons--written with a deep compassion that *Vegan Freak* lacked--read *The Diet Revolution*. And if you're interested in the philosophical arguments for fundamentally changing the way we relate to animals read Peter Singer's *Animal Liberation*. There's no reason to waste time or bookshelf space with *Vegan Freak*.

Craig? says

I fucking loved this book. period.

Scoop Edwards says

An alternate subtitle could be "How to Survive and Appropriately Behave Amongst Meat-Eaters." Basically, it's a book by a cool, tattooed college professor couple for other hipsters that don't eat meat or meat byproducts. A librarian and fellow vegetarian friend of mind loaned me the book, and I recommend it. I disagree with the occassionally snotty attitude that the authors display. I think that they may fail to understand that many people in inner-city neighborhoods, e.g. my community, have a hard time getting cheap vegetarian foods, particularly when a pack of bologna or hot dogs, sold for 89 cents, and bread for 2 bucks can feed a family, yet a pack of apples is 5 dollars (not even from a fresh market) and that shit won't last me nearly as long. However, I support all promotion of vegetarian and vegan ideals.

Minku says

The best advice book for people who want to go and stay vegan about dealing with all the non-vegan bullshit they will inevitably encounter from other people. The most helpful piece of advice is these three words: MEEK VEGANS SUFFER!

This book will teach you to be a strong vegan and not compromise your animal rights ethics just to fit in to the dominator culture, which is full of people who are always looking for an excuse to justify animal exploitation. I'd recommend borrowing this book from someone (like me) or finding this book used, because there'll be a new edition coming out in the fall of 2008, which will be better.

See also:

- Bob Torres's book Making A Killing: The Political Economy of Animal Rights
 - Bob 'n' Jenna's podcast: Vegan Freak Radio
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Katey Lovell says

3.5*

As a newbie to veganism, I was keen to find an accessible and informative book to help me adapt to my lifestyle change.

Vegan Freak is a highly readable resource covering many aspects of veganism, including which products are and are not vegan, ethics and animal rights, common issues new vegans struggle with and personal anecdotes.

The edition I read has dated slightly (not sure if there are newer editions available) and many of the recommended products are hard to source in the UK.

That said, it's certainly reaffirmed the reasons I wanted to go vegan in the first place and I would say it is especially useful for those taking their first steps towards veganism.

Mariam says

So far so bad. I don't like the first chapter. I tried to read it but skipped over. I feel as though they are angry. I am vegan, I do it for myself and for the animals, but I do not push it on anyone else. I have encountered the same prejudices, but it has not made me hate people. (I hated people before I went vegan) I kid. The book has a very negative feel to it, my other books don't like it.

KaryAnn says

I also really did not care for this book. The section on making your cats vegan just blew me away. As a vegan AND a student of veterinary medicine, I can tell you that cats are true carnivores that quickly become quite sickly when fed a vegan diet. If you don't want to feed your pets meat, get a naturally veggie pet; but don't risk your pets' health, and don't read this crappy book.

Jennifer says

I wish I could say I liked this book, but I just didn't. Perhaps because according to their standards I'm not an 'ethical' vegan, I'm an 'enviro' vegan. I also live in Paris... I know this city like my back pocket, and still find eating out difficult. I can tell you, you will most likely succumb to Peter Singer's "Paris exception" knowingly or unknowingly. Here, there is mayo, cheese, milk and butter in strange places, lentilles are usually boiled in beef stock, etc. As far as "accommodating restaurants" in Paris, hmmm, they are few and far in between. And I speak French. One waiter told me, "This is not Burger King 'have it your way'" which I found extra odd since we don't even have Burger King here (?).

Then came the chapter on 'Enviro-veganism', which the authors call a "fundamental misunderstanding of what veganism is", and, "we'd be swimming against a strong tide to suggest that anything done for environmental reasons is somehow not something done for a good reason." Indeed. Very strong tide. Where will we all live, humans and non-humans, if we ruin the planet? What will we eat? What about clean water? This, in my mind, discredited the entire book, hence the one star (and only because that one star means "I didn't like it", otherwise it would be zero stars).

Also, I did not like the sentence "that hot little black 'fuck me' dress" as that has some very foul implications to it. I live in Paris : I have an entire closet full of LBDs (little black dresses). None of them with the aim for that sort of attention.

AJ says

I was honestly not expecting much from this book, but it turned out to be an incredible resource, even though I assumed I already knew a lot about veganism (being a vegan for several months and having a seasoned

vegan boyfriend).

This book goes over a lot of really practical issues that vegans deal with quite regularly. The tireless prodding from friends, family and co-workers about "what do you EAT?" and how to deal with them tactfully. It gives some great suggestions and recommendations on eating vegan while traveling and lists a bunch of resources on how to find vegan / veg friendly restaurants, food co-ops across the US and suggests online stores for buying vegan snacks to keep on hand.

I found the most useful part of the book was chapter 5, which goes over vegan cosmetics, toiletries, and even condoms. Apparently most latex condoms aren't vegan, which is something I had never even heard of before! Although most vegans know to look out for gelatin, casein, and other obvious signs of animal products, things like glycerin and stearic acid (to name just two) aren't necessarily vegan, and they show up in lots of products.

I also found it amazing to discover that 8th Continent soymilk isn't vegan at all, deriving the D3 vitamins from lanolin, or wool fat. Gross!

This book is highly recommended for anybody who is vegan, vegetarian, or thinking of becoming vegan or vegetarian. If you're more interested in the ethics of veganism, or health / environmental concerns, then you might want to read a John Robbins book instead. But as far as practical, every-day veganism goes, this book is awesome.

Nicoal says

Some of the information is good, but I didn't particularly enjoy the snobbish, holier-than-thou attitudes of the authors. I think this book would turn omnivores and even vegetarians off to the idea of veganism based on the authors' communication style. The book is just not all that well-written.

Ashley says

I read this as someone considering going vegan. I was supposed to be the target audience for this book, and for the latter half, at least, the authors seemed to be thinking about readership like me. The first half of the book, however, was one big circle-jerk for people already vegan. Every page breathed the "those poor vegetarians. They think they're actually doing something! We better show them how damn enlightened we are" attitude. The tone for this book is everything people hate about vegans--self-righteous and narrow, this book succeeds in convincing those already on the path to righteousness, so to speak. The authors fail to consider any alternative paths to veganism; they see only their animal rights veganism as the One True Veganism, and that's simply not convincing for people considering veganism for other reasons. Their "advice" chapters are really not that helpful, or are too broad to be useful. I've gotten better advice from other books and websites (in fact, I'd recommend people skip this book, and read the texts on their biography, instead). After reading, I still have only a basic understanding of how to navigate life as a vegan.

For authors that continually reference their jobs as university professors, they consistently forget the first rule of college writing: consider your audience.

