



# Transition to Vegetarianism: An Evolutionary Step

*Rudolph Ballentine*

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## **Transition to Vegetarianism: An Evolutionary Step** Rudolph Ballentine

This book explores the health issues surrounding vegetarianism and helps the aspiring vegetarian make the transition in a way that provides the greatest benefits. Well-researched and easy-to-read, this is an excellent resource for both seasoned and would-be vegetarians.

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