



I'm Mad As Hell, and I'm Not Going to Eat it Anymore: Taking Control of Your Health and Your Life--One Vegan Recipe at a Time

Christina Pirello

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Christina Pirello, chef, teacher, award-winning television host, and vocal advocate for healthy living, is mad as hell-and she's going to do something about it!

In this, her most ambitious and passionate book to date, Pirello takes on the food establishment, big pharma, marketers, the government, and nongovernmental health agencies in a sweeping and well-argued indictment of the roles these organizations play in the demise of our collective health, our health care system, and our planet.

But she goes beyond an angry diatribe to show you how you can take responsibility for your own health and well-being even in the face of overwhelming odds. Step by step, Pirello guides you to an understanding of the causes of this country's major health problems and offers solutions that show how to create change, whether you are taking the first tentative steps toward healthier eating or are ready for a full- on commitment to embracing a completely plant-based diet and vegan lifestyle.

Armed with the information and advice that Pirello has presented in her accessible signature style, which has already garnered tens of thousands of loyal fans for her books, shows, and articles, anyone will be able to take those first critical steps on the way to total health and wellness.

As practical as it is inspirational, this book also features cooking techniques, advice for stocking a pantry, and more than 125 vegan recipes, including "makeovers" of family favorites.

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