

A Joyful Vegan in a Non-Vegan World: Survival Tips & Tactics



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Author

Although there are abundant resources that support the practical aspects of a vegan lifestyle, many struggle with the social aspects of navigating a world that may view compassion for “food animals” as radical. In this empowering talk, Patrick-Goudreau offers tips and tactics for speaking up for what you believe in with grace and dignity.

Patrick-Goudreau is an exhilarating speaker, popular podcaster, powerful writer, talented chef, and persuasive advocate who has impacted thousands of lives. Addressing the spiritual, social, and practical aspects of being vegan, she has authored three cookbooks (*The Joy of Vegan Baking*, *The Vegan Table*, *Color Me Vegan*) and two compassionate-living books (*Vegan's Daily Companion*, *The 30-Day Vegan Challenge*).

Patrick-Goudreau will give a companion presentation, **Getting to the Meat of the Matter: Debunking the Myths of Being Vegan**, at Engrained Café, ASU Tempe campus, 4:30 p.m.

Tuesday, November 1, 2011

7:00 - 8:30 p.m.

(enjoy vegan treats by Whole Foods, Tempe)

Changing Hands Bookstore, Tempe

SW Corner of Guadalupe Rd & McClintock Dr

Book signing to follow



RSVP link: Download any free QR-Code reader app to your smart phone. Scan this code and it will take you directly to the RSVP page.

RSVP: sustainabilityevents@asu.edu

Parking and directions: sustainability.asu.edu/directions

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The Sustainability Series is presented by ASU's Global Institute of Sustainability.