



Help! My Child Stopped Eating Meat!: An A-Z Guide to Surviving a Conflict of Diets

Carol J. Adams, Virginia Messina

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This original, insightful, and compassionate book empowers parents to respond with understanding and support to the surprising challenges, the worry, and changes that occur when their young person becomes a vegetarian or vegan. Although how to rear a vegetarian child is not news, addressing the conflicts parents face is. Through five chapters, the topics are arranged alphabetically for easy access. Chapter 4 is by a leading vegetarian nutritionist. A concluding chapter 6 consists of dozens of mouth-watering recipes that are easy to prepare, along with a metric-conversion table.

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