



# The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion

*Victoria Moran*

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## **The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion** Victoria Moran

Many popular diets call for avoiding some foods or eating others exclusively. But as *The Good Karma Diet* reveals, the secret to looking and feeling great is actually quite simple: Treat our planet and all its inhabitants well. In this revolutionary book, bestselling author Victoria Moran reveals that by doing what's best for all creatures and the planet, you align your eating with your ethics—a powerful health and wellness tool if there ever was one!

*The Good Karma Diet* shows readers how favoring foods that are karmically good for you will help you:

- Sustain energy
- Extend youthfulness
- Take off those stubborn extra pounds
- Reflect an enlightened outlook

This book also includes the inspiring stories of men and women across the country who have made this simple mealtime shift and reaped “good karma” in every aspect of their lives. Follow this wise diet and lifestyle program and you will find yourself waking up in a good mood more often and having a luminous look that bespeaks health and clean living.

## **The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion Details**

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Author : Victoria Moran

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## **From Reader Review The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion for online ebook**

### **Brandi says**

Victoria Moran's "The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion" is an interesting read discussing the merits of a vegan lifestyle and reasons for adopting such.

It gives the authors thoughts and reasons for veganism and has a New-Age feel to it. I was aware of many of the reasons that veganism was beneficial (mainly regarding health benefits), and Ms. Moran's books gave me some additional merits I had not considered.

Overall, I would recommend this book to those considering a vegan lifestyle and those with loved ones who are vegans. I won my copy of this book from Goodreads.com and appreciate the opportunity to read and review this book.

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### **Carrie says**

I won this book from Goodreads First Reads.

The Good Karma Diet is about becoming vegan, eating healthier and treating the planet better. A motivational on how to eat better plant based foods to feel better in life. There are probably 50 pages worth of recipes towards the end of the book too.

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### **Astrid says**

3.5 Good book on why it's good karma to eat a plant-based diet. More new-agey than some, but not as bad as some others. Easy reading, not a cookbook, per se, but there are a few recipes at the end.

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### **Bernadette says**

This may be Victoria Moran's best book yet on living a vegan life. Subtitled "Eat gently, Feel amazing, Age in slow motion," she details her own journey to being vegan, and the good karma this lifestyle brings for oneself, the other beings with whom we share our planetary home, and for the planet itself. Details include not only the "what and why," (for the animals, health, planet), also the "how," whether one can commit all in from the start, eases into it, or takes the roll over, crawl, walk approach. From the food one eats, to the fashions one wears to making Eco-friendly choices in our day to day, there's a bit of all in this book.

Also included are testimonials from others who have embarked upon the Good Karma lifestyle of being ethical vegans, whether they began for health (fighting chronic diseases, loosing weight, building energy, regaining/maintaining youthfulness), respect for animals, or for the environment.

And yes, there are delicious recipes, from the talented Doris Fin, CHHC, AADP. Her all plant based, high raw recipes source easy to find and use ingredients. There is an emphasis on the benefits of raw foods, without the all raw philosophy. From juices to smoothies, appetizers to sides to mains, there's something for

all levels of cooking and tastes.

I get that Victoria titled it a "diet" to appeal to all aspects of one's lifestyle, however, some will pick it up and put it down because they are expecting just a diet book of recipes, while others might miss out all together, thinking it is just about another fad, instead of a guide to the good karma that come with living a cruelty free lifestyle.

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### **Mary Ann says**

A wonderful collection of chapters on how to lead a vegan lifestyle. I've shared many of the websites mentioned on Facebook. While I have long been vegetarian and I researched compassionate companies, this book is still a keeper.

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### **K M says**

Lots of good info on vegan living, high -raw eating, compassion for all beings. Recipes and resources at the end. Good stuff!

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### **Jane says**

I want to thank Victoria Moran, the author and Goodreads First Reads Giveaway for my copy of *The Good Karma Diet: Eat Gently, Feel Amazing, Age in Slow Motion* that I won in the Giveaway.

This is not just a diet book but a book to change your attitude about how you live and look at life. I enjoyed reading *The Good Karma Diet* and think many of the ideas presented had merit and would make a difference in one's life.

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### **Kirsta Bowman says**

The author seems very full of herself, with no credentials to back up her claims. With the wide range of vegan related books I have read over the years, this book added nothing to my knowledge or way of thinking.

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### **Rae says**

Though some of the information overlapped from Main Street Vegan, I found the focus on karma to be particularly instrumental in my understanding of veganism and choosing this lifestyle. I dog-eared many pages and look forward to using this as a resource for years to come especially for the yummy raw recipes.

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## **Patti's Book Nook says**

It's hard to believe I've been fully Vegan for four months. It has been an awesome journey, and I've loved discovering new foods....namely the almighty chickpea and all things Mediterranean! I attended the Columbus Vegfest this past weekend, where Moran was a featured speaker. Quite well known as a prolific author, speaker, and educator in the Vegan community, Moran also hosts a weekly podcast (which has been running for five plus years). This work appealed to me because of the positive message the cover conveys- eat well and from the earth, and the good will flood your life.

I enjoyed the structure of the book, particularly the gray boxed quick tips, the numerous testimonials, and the breakdown of various sects of Veganism and the similarities/differences. Moran focuses heavily on raw foods. While I have no current interest in going fully raw, I liked the information on juicing and it's beneficial properties.

I'm on a constant search for new information- not just dietary but how to make Vegan fashion and beauty choices. Chapter 23 lists tons of websites for cruelty-free beauty, and even a Birchbox/Ipsy type subscription service that is Vegan called Petit Vour ([petitvour.com](http://petitvour.com)). The two Appendix sections are not to be missed- one filled with recipes, and one for books to keep bedside and for your kitchen.

Moran has compiled a great reference book, and I have definitely given it a lot of dog-eared love already! I hope to attend her Main Street Academy Vegan lifecoach training in New York City in the next year or so, and am glad this was my intro to her work. This would be a great way to ease into Vegan information for beginners too, as the difficult section is concise (and unfortunately necessary) and only a small part of the overall uplifting message.

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