

# **Breaking Vegan: One Woman's Journey From Veganism And Extreme Dieting To A More Balanced Life**

**By Jordan Younger**

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Breaking Vegan One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life

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That s a fulfilment that Jordan Younger, who blogged as The Blonde Vegan, Breaking Vegan: One Woman s Journey and Orthorexia to a More Balanced Life

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Veg Week 2014: One Woman's Journey to Healthy Eating + 3 Great Vegan Recipes. When I made the switch to a whole foods vegan diet five years ago,

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### **Amazon.co.uk: Fitness & Diet - Biography: Books -**

Breaking Vegan: One Woman's Journey from Veganism, Extreme Dieting, and Orthorexia to a More Balanced Life My Adventures in Celebrity Dieting 15 Jan 2015.

### **Celebitchy | The Blonde Vegan blogger comes -**

by the name The Blonde Vegan. Her real name is Jordan eating a balanced diet. One for veganism. I want more people to be vegan,

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working out and living a balanced life. more involved in veganism and do more research on on the vegan movement for attention. One woman

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Jordan Younger, of The Balanced Blonde blog, Life After Orthorexia: One Blogger s Quest to Reclaim Her Health. To learn more about Jordan s journey,

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