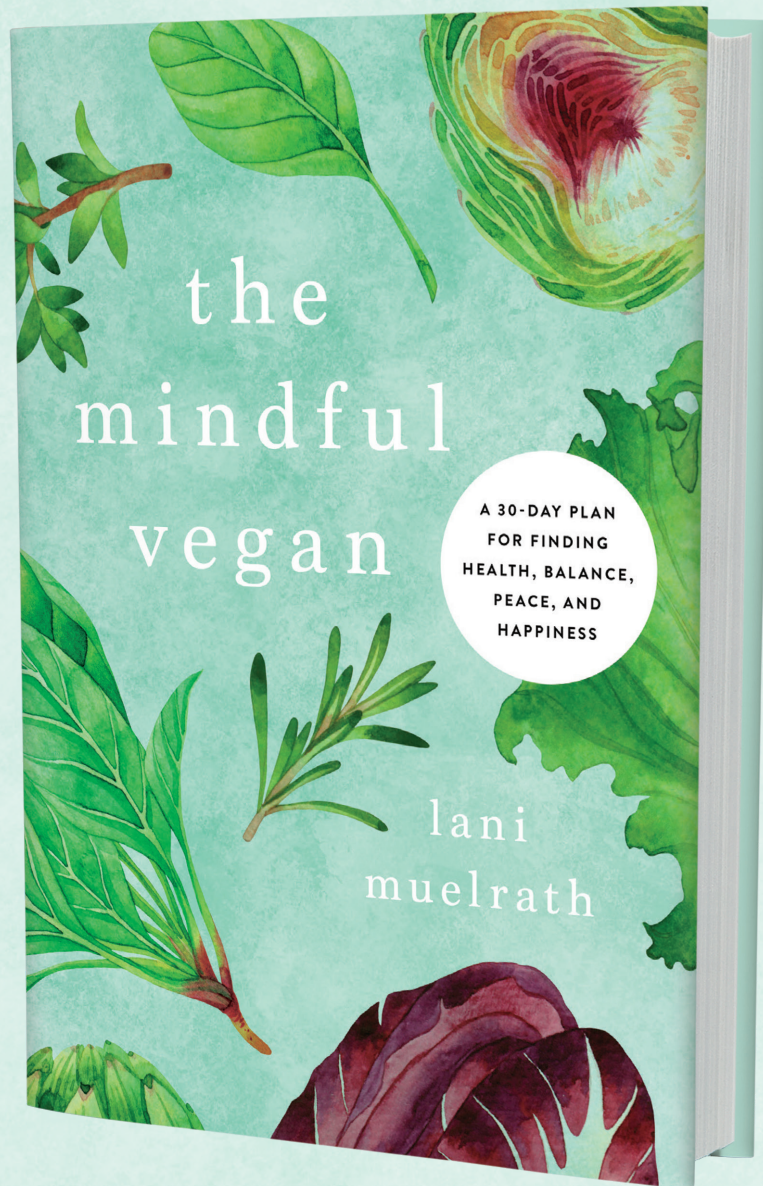


MEDIA KIT

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ABOUT THE MINDFUL VEGAN

Discover how to shed old thinking patterns—and live more joyfully with food.

Ready to get to the roots of your challenges around food—whether it's gratuitous snacking, compulsive or stress eating, indulging cravings, overeating, or other disheartening habits? Be ready to get mindful.

Mindfulness can be the deciding factor between your successful adoption of a healthy vegan diet and repeated frustrating attempts. This simple technique goes under the surface of what is hampering your happiness, providing a sought-after solution to many of life's ups and downs by rewiring your reactivity to challenges.

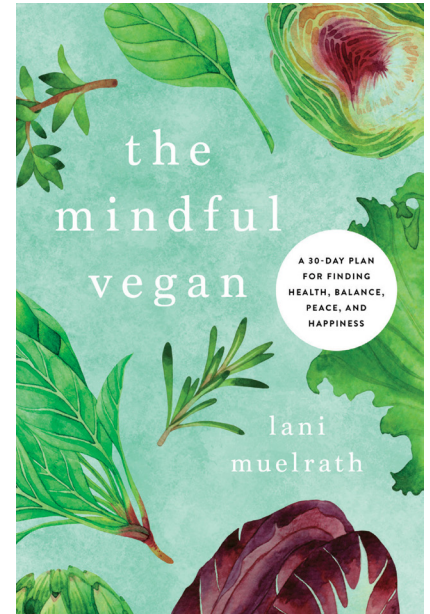
Mindful, insight meditation practice is commonly described as a training of mental attention that awakens us beyond the conditioned mind and our habits of thinking. We become willing and able to take a step back from our usual auto-pilot and reactivity, the condition in which we go through many of our days—unless we cultivate the practice of doing otherwise, which is the foundation of mindfulness practice.

Certified mindfulness meditation teacher, award-winning health educator, and longtime vegan advocate Lani Muelrath has been practicing mindfulness meditation for 25 years. In *The Mindful Vegan*, she teaches you how to practice mindfulness and shows how it can bring freedom and a new joy to your eating—and living—experience.

With step-by-step instructions, personal stories, positivity, humor, and a handful of delicious recipes, *The Mindful Vegan* will help you emancipate yourself from the stranglehold that mindless and compulsive eating have on your weight, health, food choices, and, most of all, peace of mind. With Lani's guidance, you'll learn the techniques of mindfulness meditation, opening the door to creating a more resilient vegan lifestyle. You'll discover why eating in a way that lines up with your convictions about health, the environment, and ethics reduces stress and increases happiness. What's more, you'll even learn to navigate conversations with others about eating—and living—vegan, with greater clarity, equanimity, and presence of mind.

The Mindful Vegan sets you on a path to cultivating your capacity for genuine happiness and a more peaceful life—in a way that is personally satisfying and aligned with your deepest values. This book is for anyone who wants to be free of frustrating and baffling eating behaviors, experience a new ease around eating, and discover their naturally healthy body and weight.

Stop stressing. Start living—and eating—mindfully. Your body and mind will thank you.



RECIPES FOR EXCERPT:

- Mom's Baking Powder Biscuits with Almonds
- French Toast
- Sage Advice Double Mushroom Gravy
- Lemon Cherry Salad Dressing
- Turtle Beach Enchilada Sauce
- Apple-Jicama Slaw
- Kitchari
- Easy Stack-and-Go One Pan Enchiladas
- Sweet and Sour Soy Curls
- Chocolate Mousse
- Vegan Cherry Garcia Ice Cream
- Berry Good Ice Cream

PUBLICATION DETAILS

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Format: Hardcover
Page Count: 314

ABOUT THE AUTHOR

Lani Muelrath, MA, is an award-winning health educator, best-selling author, celebrated speaker, and TV host widely sought for her expertise in plant-based, active, mindful living. Lani has been featured on CBS-TV, ABC-TV, *Prevention* magazine, *USA Today*, the *Saturday Evening Post*, *Health* magazine, and NPR. She created and starred in her own CBS television show, *Lani's All-Heart Aerobics*, and has served as presenter and consultant for the Physician's Committee for Responsible Medicine, the Complete Health Improvement Project, and Plant Pure Nation.

Lani has been vegetarian/vegan for 45 years and has been teaching in health and wellness for over four decades. She has practiced mindfulness meditation for over twenty-five years. Recognized as a thought leader and pioneer in the integration of vegan living, fitness, and mindfulness, Lani's approach blends plant-based nutrition with compassion, mind/body awareness, movement, and transformational techniques from mindfulness meditation practice.

Certified in Mindfulness Meditation Instruction and in Plant-Based Nutrition from Cornell University, Lani is also an authorized Mind-Body Specialist and Behavior Change Specialist. Her multiple teaching credentials include Yoga, Physical Education, and Advanced Fitness Nutrition. Recipient of the California Golden Apple Award for Excellence in Instruction, Lani has been guest lecturer at San Francisco State University and is associate faculty in Kinesiology at Butte College, where one of her books has been adopted as required text.

The Mindful Vegan is Lani's third book, following *The Plant-Based Journey: A Step-By-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight*, awarded Top Media Pick by *VegNews* magazine, and *Fit Quickies: 5 Minute Targeted Body-Shaping Workouts*.

Lani lives in the Sierra/Cascade foothills in Northern California with her husband Greg, with whom she travels the world on wildlife advocacy missions and scuba, hiking, and bicycling adventures.

Join Lani's community at LaniMuelrath.com and on social media:

Facebook: [lanimuelrath](https://www.facebook.com/lanimuelrath) | **Instagram:** [lani.muelrath](https://www.instagram.com/lani.muelrath) | **Twitter:** [@lanimuelrath](https://twitter.com/lanimuelrath)



TALKING POINTS:

- Get stressed. Eat. Repeat. How to break stress eating habits and cut through cravings by simply paying attention
- Mindfulness-based stress management
- Whole foods, plant-based nutrition: The easiest way to find your naturally healthy weight
- Why exercise is essential for making lifestyle change

THE PLANT-BASED JOURNEY

It's been proven that a plant-based diet is good for your weight, health, budget, and the environment, but the proof hasn't come with a game plan—until now. If you've ever wanted to make the plant-based switch but felt overwhelmed about where to start, *The Plant-Based Journey* provides the support you need every step of the way to make your transition into eating plant-based. Muelrath explains how exercise and your mindset support dietary change, and she also shares more than 20 recipes along with meal plan templates and ready-in-minutes meals.

Title: *The Plant-Based Journey*

Subtitle: *A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight*

Author: Lani Muelrath

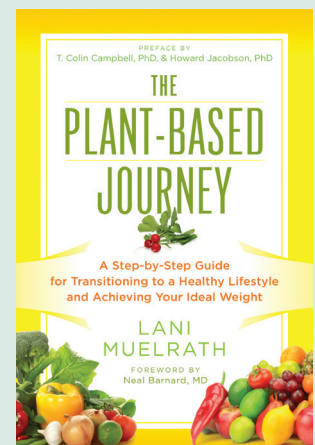
Publisher: BenBella Books, Inc.

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Format: Paperback



SPEAKING TOPICS



MINDFULNESS 101

The Science of Mindfulness as Lifestyle Medicine and Stress Management

A growing body of research has resulted in the implementation of mindfulness-based stress reduction programs by hundreds of hospitals, health practitioners, and other similar settings nationwide. Mindfulness training has been implemented for breaking unhealthy habits, such as smoking and binge eating. Getting started with mindfulness training—a practical, non-sectarian, science-based practice for decreasing reactivity and cultivating positive brain response—is as simple as implementing the four straightforward steps for getting started known as P.A.I.R.: position, anchor, intention, and remindfulness. Learn these four steps, find out what the research says about the benefits of mindfulness training, and come away with specific tools for practicing mindfulness for managing stress and creating a healthier lifestyle.

MINDFULNESS FOR THE VEG-MINDED

Reactivity rules much of our days. Stress eating, irritability, zoning out online, obsessing over one thing or another—no doubt at least one of these reactions to stress is familiar to each of us. At the same time, we've all experienced moments when we were able to step out of autopilot to respond to life's stressors more skillfully—whether in response to the pesky co-worker, the unsettling conversations at the omnivorous holiday table, or the dishes in the sink. Moments where we had the mental clarity to make wiser choices in the moment, leading to a more skillful response and a happier outcome. Moments when we had—and we've all said it—more “presence of mind.”

What if there was a way to practice this presence, so that you could experience less reactivity and live with greater ease? This is precisely what takes place with mindfulness. Mindfulness is a specific form of mental training and a particular kind

of awareness you bring to your daily activities. Together, these practices lead to reductions in reactivity and the cultivation of positive brain states. With the simple tools of mindfulness, you can learn to cultivate resilience and more easily navigate difficult conversations, upsetting situations, and emotional stress. For the veg-minded, that can mean insights into the “meat paradox,” practicing presence, and learning how to open up to your natural capacity for equanimity, resiliency, and compassion so that you can live with greater ease, profoundly affect personal well-being, and increase your positive influence.

A growing body of research has resulted in the implementation of mindfulness-based stress reduction programs by hundreds of hospitals, health practitioners, and other similar settings nationwide. Mindfulness training has been implemented for breaking unwanted habits for everything from mindless snacking to smoking and binge eating. In this presentation, find out how—in the words of vegan advocate and activist James Aspey—“The teachings in Lani Muelrath's *The Mindful Vegan* book are life's secret weapon to reduce your anxiety, stress, anger, and fear and replace those negative emotions with peace, clarity, happiness, and optimism...I am glad to see mindfulness and vegan living brought together so brilliantly in this book. It will change, for the better, your experience of living.”

Getting started with mindfulness training—a practical, non-sectarian, science-based practice for decreasing reactivity—is as simple as implementing the four straightforward steps for getting started in mindfulness meditation practice. Learn these four steps, find out what the research says about the benefits of mindfulness training, and come away with specific tools for practicing mindfulness for managing stress and creating a healthier lifestyle.

SPEAKING TOPICS, CONT.

HOW TO DITCH BIG DIET AND PRACTICE MINDFUL EATING

Restore the Joy of Eating Find Your Naturally Healthy Weight

The diet culture grabs at our urgent desire to lose 20 pounds yesterday only to cause short-term success and long-term weight gain. Find out how regimented diets drive up hunger, cravings, and your weight. In contrast to strictly regulated food plans—which disconnect you from your natural hunger and blur your fullness signals—with mindful eating you cultivate the ability to recognize and eat when you are hungry, stop when you have eaten enough, and choose foods that are nutritious and enjoyable. Discover how the unique properties of mindful eating—grounded in specific mindfulness practices—lower stress, cut through cravings, put an end to an obsession with food and dieting, restore the joy of eating, and help you find your naturally healthy weight.

HOW TO STOP STRESS EATING AND DISSOLVE CRAVINGS BY SIMPLY PAYING ATTENTION

Mindless snacking. Stress eating. Cravings. Compulsive over-eating. What if you know all the right foods to eat, can easily assemble a delicious, healthy meal—but still can't seem to pull off healthy habits for more than a few days at a time? What if your health goals keep getting derailed, especially when you feel stressed? Food temptations are everywhere, and it's not hard for our brains to learn a food-centered, reward-based habit. Mindfulness training has emerged as a specific way of targeting this habit loop. Find out how mindfulness practices can be the deciding factor between the successful adoption of a healthy, plant-based diet and repeated frustrating attempts, by targeting the heart of many diet troubles, eating behaviors, and related issues—and walk away with the basic mindfulness skills to get you started.

ROOKIE OR ROCKSTAR? THE FIVE UNIVERSAL STEPS (AND TWO KEY SUPPORTING PLAYERS) TO TRANSITION TO PLANT-BASED NUTRITION

The doctors, dietitians, and research scientists give us the facts about plant-based nutrition. But connecting it all with your reality? That's where Lani Muelrath comes in. Drawn from decades of personal practice, her professional experience coaching thousands of others as they shift to plant-based living, combined with solid research, and framed by the survey responses Lani collected from over 1,200 people who have successfully embraced a plant-based lifestyle, there are five universal stages of transitioning to plant-based living.

Come discover what makes the difference for sustainable success. Whether you are plant-curious and simply want to eat more whole plant foods, looking for resources to help others on their own plant-based journey, or somewhere in between—this session will enlighten and inform.

MINDFULNESS-BASED STRESS MANAGEMENT FOR ADVOCATES AND ACTIVISTS

Cut Through Stress, Reduce Reactivity, Build Resilience, and Restore Equanimity

Living vegan or vegetarian in an omnivorous world has its own set of challenges. These range from tension as relationships shift to compassion fatigue, or secondary traumatic stress disorder. With the simple tools of mindfulness, you can learn to more easily navigate difficult conversations, upsetting situations, and emotional stress that come with the territory. By understanding more about the “meat paradox,” practicing presence, and learning how to open up to your natural capacity for equanimity, resiliency, and compassion, you can live with greater ease, profoundly affect personal well-being, and increase your positive influence.

SPEAKING ENDORSEMENTS

“We have engaged Lani Muelrath as a speaker for our staff and students on three occasions—and with good reason. Her presence is a gift that connects everyone's feet to the ground while finding peace in the present moment. Her presentations are the perfect mix of research and practicality, at an ideal pace, with a sprinkle of humor that makes engaging effortless. Lani transformed mindfulness, an easily elusive concept, into an accessible tool you can use right away. Lani's passion for life and enthusiasm for spreading her message is contagious and encourages even the most skeptical to find hope in the power of change, and feel better in their own skin. We can't wait to have her back.” —Timaree Hagenburger, MPH, RD, HFSC, Cosumnes College Department of Nutrition, Sacramento

“Lani Muelrath is an engaging presenter with a relatable story that resonates with so many. We were so fortunate to have Lani speak about being a mindful vegan at our Barnard Medical Center. We had to pry people away from her afterwards! Her presentation captivated the audience's attention with not only her success story, but the way she made science practical about using mindfulness and meditation as a tool for overall health.” —Jill Eckart, Physician's Committee for Responsible Medicine

“I have booked Lani Muelrath to speak at many of our events. Not only can she fill seats, but her presentations fill hearts and minds with inspiration, clarity, and renewed resiliency. She is engaging, personable, warm and entertaining and a brilliant addition to your stage.” —Linda Middlesworth, Producer, Get Healthy Sacramento and Founder, Sacramento Vegan Society

A DAY IN THE LIFE OF LANI



All pages noted are from The Mindful Vegan book, unless otherwise noted as “PBJ” for The Plant-Based Journey.

I am often asked, what does your typical day look like? I wanted to answer that, for anyone who might find plant-based eating overwhelming as a practical, daily lifestyle. It really isn't!

5:15 – 6:00 Morning meditation (pg 35)

6:00 – 6:15 Plant-milk cappuccino—current favorites are Califia Farms Almondmilk Coffee Creamer, Barista Blend, and Westsoy Organic Original Soy Milk

7:00 – 7:45 Morning walk

Meal times are flexible. Generally meals settle into three main eating events, often with something light in between like a bunch of grapes and a handful of almonds, or veggies with crackers and bean dip. (PBJ, pg 104)

8:00 Breakfast, typically whole grains (PBJ, pg 96), nuts, plant milk, a mountain of berries or other fruit, and good grainy toast with nut butter and jam. Sometimes I'll make waffles (PBJ, pg 190), biscuits (pg 251), or French toast (pg 252). I adore breakfast and always enjoy what I eat! The same goes for all my meals, actually (pg 189). I aspire to eat mindfully, which means paying attention to when I am hungry and meeting that need with quality food, in variety and that I like, in response (pg 192). I've found this to be the best way to avoid overeating and to stay at my naturally healthy weight—over 40 pounds less than when I started

eating mindful vegan style over twenty years ago. Eating mindfully means I keep real food at the ready: fruit, nuts and seeds, rice and beans, toast and nut butter, whole grain crackers and veggies with hummus (PBJ, pg 103)—even leftovers are good for keeping you well fed and energized, mentally and physically.

9:00 When at home, mornings are devoted to writing, coaching, podcast interviews, radio or RV appearances, and planning for upcoming speaking events. I'll also catch up with the various wildlife advocacy projects my husband and I support, such as our fostered elephants via The David Sheldrick Wildlife Trust.

12:00 For lunch, I'll prepare a big salad (PBJ, pg 105) and a robust sandwich with avocado, tomato, hummus or some other combination. In the winter it's often instead a substantial bowl of soup full of squash, vegetables, and beans or lentils (PBJ, pg 114). After lunch it's usually out into nature again with mountain bikes or another outdoor adventure, before more time devoted to writing or interviews.

5:00 Dinner is typically brown rice or other whole grain or pasta or potatoes or squash with tofu or tempeh, or beans, and a big plate of colorful steamed vegetables or savory vegetables (PBJ, pg. 99) stir fry and one of the assortment of sauces I like to make. I am a rather lazy cook, though on occasion I will prepare something a little fancier, such as my famous Stack-and-Go Enchiladas (pg 259) with Turtle Beach Enchilada Sauce (pg 255) or Portobello Pot Roast (PBJ, pg 198). For the most part I am happy with simple fare, yet I make sure it is delicious and satisfying! Unless I have a teaching or speaking engagement in the evening, after dinner is time to relax, unplug, and restore with reading, a movie at home, another short meditation.

This all shifts around when I am on a speaking engagement out of town, or when my husband Greg and I are traveling internationally with our favorite cause, wildlife advocacy.

Q&A WITH LANI



TELL US ABOUT YOURSELF.

As far back as I can remember, I have always had a fondness for physical activity, a compelling desire for being outdoors in nature, a deep appreciation for solitude, quiet, and time alone, and a love for good, healthy food. These elements have come together in such fashion as to be the subjects of my books. The result is what has become the “transformation trilogy” with a fitness book as my first, *Fit Quickies*; a plant-based nutrition book, *The Plant-Based Journey*, and now *The Mindful Vegan*, for the all-important inner dimension.

In retrospect, I guess you can say I have been very influenced by my parents. They were avid gardeners and early on instilled in me a love for vegetables and fruits. They also took our family camping and on other outdoor adventures—I have photos of these travels back to the years I took my first steps! And my mother inspired me to take up the practice of yoga—the first exercise classes I ever taught—and to

explore topics such as meditation and inner reflection.

Several experiences have underscored and advanced my vegan advocacy. For the past 30 years or more, my husband and I have been traveling all over the world on projects with wildlife advocacy. This has included working with sea turtles in Costa Rica and Mexico, Albatross birds on Midway Island, and multiple trips to Africa to work with the elephant orphans who are victims of the ivory poaching problem as well as human-wildlife land conflict. As teachers, we have also studied rain forest conservation in Central and South America.

PLEASE SHARE A BRIEF DESCRIPTION OF YOUR LATEST BOOK, *THE MINDFUL VEGAN*.

The Mindful Vegan pulls together the dramatic impact mindfulness practices have had on me personally—since taking up the practice twenty-five years ago—with the astonishingly rich, abundant research that has emerged in the last few years about the benefits and effects of same. Experiences of my students are

woven throughout the book to enrich and establish a personal connection. I wrote *The Mindful Vegan* as a thirty-day step-by-step guide to encourage readers to get started right away, as the benefits of mindfulness are quite quickly realized. Increasing equanimity, unobscuring our natural capacity for happiness and compassion, and reduction of reactivity—our negative habit patterns—are dose responsive. In other words, let’s not delay getting started! The 30-day plan builds in simple, incremental steps to take the mystery out of mindfulness and to make mindfulness practice more accessible.

WHY DID YOU WRITE *THE MINDFUL VEGAN*?

You can have the best understanding in the world of nutrition, vegan ethics principles, and how to eat and exercise healthfully—but unless you get some degree of mastery over your habits of thinking, which includes reactivity and automaticity—you will be unable to realize sustainable success at healthy vegan eating and living. Translated into simple English, persistent problems with food and eating along with reactivity



Q&A WITH LANI, CONT.

in conversations about lifestyle choices and ethics, will never be resolved until we learn how to navigate these unsettling states and difficult conversations in a way that allows our natural sense of kindness, compassion, and connection with others—as well as with ourselves—to emerge. Mindfulness is a specific form of mental training and a particular awareness you bring to your daily activities that can dramatically reduce reactivity and cultivates positive brain states—which I have found essential to lifestyle change and sustainability.

IN THE BOOK YOU TALK ABOUT THE IMPACT A MINDFULNESS PRACTICE CAN HAVE ON MANY ASPECTS OF DAILY LIFE. HOW HAS A MINDFULNESS PRACTICE IMPACTED YOUR OWN LIFE?

Mindfulness practice was linchpin for me in finally overcoming a lifetime problem with food, eating, weight, and my body. It invited me to connect with others—as a friend, teacher, and presenter on conscious living—in an entirely new, far more effective way. A way that also is grounded in greater equipoise and

happiness. These are the conditions I wish for everyone, and I have seen over and over again how mindfulness practice can make the difference.

WHY SHOULD FOLKS WHO PRACTICE A VEGAN LIFESTYLE PICK UP *THE MINDFUL VEGAN*?

Vegans, or those who aspire to become vegan, can feel isolated from the mainstream culture in ways that build tension and division. Social connections and even family relations often feel the shift and it can be a form of contention as we step outside the status quo with a new world view. Navigating social situations and conversations that touch on the topic of veganism become challenging as we develop a new set of reactivity and automaticity surrounding these encounters. This can result in a great deal of stress for the vegan-minded. As mindfulness teaches us to navigate these disquieting states that arise and lead to inner and outer tension and conflict, *The Mindful Vegan* delivers specific tools—tools that vegans can utilize to restore equanimity, be more skillfully present in conversations,

and discover how to manifest the vegan principles of kindness and compassion in a growing set of situations. You develop the ability to more and more embody the qualities of equanimity and patience into your encounters with others as well as yourself.

HOW WILL NON-VEGAN READERS BENEFIT FROM THIS BOOK?

Equanimity, reduced reactivity, connecting with our innate capacity for kindness and compassion are universal qualities of personal happiness. In *The Mindful Vegan*, I document some of the research surrounding mindfulness training, and how it is a proven antidote to stress, anxiety, depression, sadness, cravings, obsessive-compulsive behavior, addictions—in other words, a long list of disquieting states. The impact of mindfulness training is applicable to these states no matter what your philosophy, ethical stance, or dietary persuasion. *The Mindful Vegan* is inclusive of mindful living, which has been proven as an antidote to the disquieting states that result from not having some degree of mastery over our habits of thinking.

WATCH LANI ON GOOD DAY SACRAMENTO



SEE MORE AT [BIT.LY/LANIMUELRATHCLIPS](https://bit.ly/LanimuelRathClips)

WHAT PEOPLE ARE SAYING

"I absolutely love this book. If your relationship with food has been a bit of a rocky road, it is a must-read. Lani Muelrath brilliantly guides readers through a personal exploration that engages our senses and sensibilities. She provides a blueprint for mindfulness that establishes an honest, joy-filled connection with food, and with our bodies. Her goals are simple—health and healing for individuals; compassion and peace for the world. What a beautiful gift to us all."

—**BRENDA DAVIS, RD, coauthor of *Becoming Vegan***

"*The Mindful Vegan* is a heartfelt approach to transforming life one bite at a time. Being conscious of a decision to honor your health, the life of animals, and our precious planet is the focus of this excellent book and can be a path to elevating the quality of our daily existence. A life with purpose is a key step to fulfillment and *The Mindful Vegan* is the key that can unlock that precious treasure chest of a meaningful and healthy life."

—**JOEL KAHN, MD, FACC, Clinical Professor of Medicine (Cardiology) and director at The Kahn Center for Cardiac Longevity and author of *The Whole Heart Solution***

"At this moment in history, more people than ever before have the freedom to consciously choose what we eat. Science clearly shows us that eating whole plant foods is the optimum dietary choice, and it turns out that what's good for our health is also good for our planet and our fellow creatures. Eating a vegan diet is a win-win-win! But that doesn't mean it's always easy. In connecting the ancient practice of mindfulness with the business of nourishing ourselves, Lani Muelrath's *The Mindful Vegan* offers a powerful tool to support readers in making the choice, each day, to live a more compassionate and healthy life."

—**JOHN MACKEY, cofounder and CEO of Whole Foods Market and coauthor of *The Whole Foods Diet***

"*The Mindful Vegan* is a groundbreaking and compassionate guide that connects mindfulness practice to the larger ecological and health benefits of veganism. Its 30-day plan offers a beautifully thought-out approach to learning mindfulness that will help you investigate your relationship to food, dieting, and self-care. This book could change your life (whether or not you are vegan)! Plus, I can't wait to try the recipes."

—**DIANA WINSTON, director of mindfulness education at UCLA Mindful Awareness Research Center and coauthor of *Fully Present: The Science, Art, and Practice of Mindfulness***

"As we see increasing numbers of people questioning the official stories of Western culture, we're also benefitting from the ancient wisdom traditions of the East. With *The Mindful Vegan*, Lani Muelrath provides us with a rich program of helpful insights that illuminate two mutually supporting pillars of this wisdom: mindfulness and vegan living. As a Zen monk in Korea in the 1980s, I was blessed to drink from this well of wisdom, and am delighted that Lani's new book helps provide this crucial and missing piece to our culture today. *The Mindful Vegan* can transform your life, and would also make a terrific gift for virtually anyone. Recommended!"

—**WILL TUTTLE, PhD, author of *The World Peace Diet* and visionary educator, musician, and presenter**

"Lani takes conscious living up a notch with this beautiful guide whose ripple effects extend far and wide. Long before you finish, you will have a much deeper connection to your own compassion—and a much broader understanding of what it means to live mindfully."

—**COLLEEN PATRICK-GOUDREAU, bestselling author of *The 30-Day Vegan Challenge* and host of the *Food for Thought* podcast**

"Lani, you have done it again—with your latest book *The Mindful Vegan* you have created an evidence-based pathway to experiencing deeper joy, better health, longer life, and a greater chance for planetary survival. You draw out the best in us: courage, commitment, compassion, and choices of how to use our fork and knife with greater wisdom and mindfulness."

—**HANS DIEHL, DrHSc, clin. professor of preventive medicine at Loma Linda University, founder of CHIP and Lifestyle Medicine Institute, and coauthor of *Health Power***

"These thirty life-shifting days with Lani Muelrath link sustenance with silence, nutrition with attention. You'll finish this book knowing that you've made peace with food and you've made friends with yourself."

—**VICTORIA MORAN, author of *Main Street Vegan* and director of the Main Street Vegan Academy**

WHAT PEOPLE ARE SAYING, CONT.

“*The Mindful Vegan* calls us to pay attention to the profound impacts of our food choices and encourages us to act in alignment with our humanity. This enlivening book inspires us to live with passion and purpose, and gives us the tools to make more mindful choices that are good for ourselves, other animals and the planet. Think about it, as *The Mindful Vegan* asks us, if we can live well without causing unnecessary harm, why wouldn't we? Highly recommended.”

—**GENE BAUR**, cofounder and president of Farm Sanctuary and author of *Living The Farm Sanctuary Life*

“Read, implement, transform . . . and then pass along the magic! This book can heal you.”

—**KATHY FRESTON**, *New York Times* bestselling author of *The Lean, Veganist, and Quantum Wellness*

“Warm and wise, informed by science and experience, *The Mindful Vegan* is a welcome invitation and map to connection with our minds and bodies, with others, and with the present moment. Watch for delight arising as you take this life-changing journey with Lani Muelrath as your skillful guide—and again when you discover the vegan recipes included after day 30.”

—**PATTI BREITMAN**, cofounder of Dharma Voices for Animals and coauthor of *Even Vegans Die*

“As a clinician, researcher, and teacher who works on a daily basis to help people change their stress and emotional eating habits, I've seen firsthand how powerful mindfulness can be in the food arena. *The Mindful Vegan* is full of heart, accessibility, and practicality.”

—**JUDSON BREWER MD PhD**, associate professor of medicine and psychiatry and director of research at the Center for Mindfulness, UMASS Medical School, and author of *The Craving Mind*

“Lani Muelrath has been a source of information and inspiration for radiant health through plant-based eating. *The Mindful Vegan* is a beacon of conscious eating, healthy living, and caring for the planet—with a 30-day plan that will set you on the path of transforming your life.

—**SUZY AMIS CAMERON**

“Mindfulness is probably the most important practice we can ever undertake. The more we are able to be mindful, or present, the more we are able to feel authentically connected with ourselves and others. The ability to be present is at the heart of all healthy relationships: with other humans, with nonhuman beings, with the planet, and with ourselves. In this wonderful book, Lani Muelrath explains, with compassion and clarity, how you can eat and live more mindfully—and thus how you can transform your life.”

—**DR. MELANIE JOY**, author of *Why We Love Dogs, Eat Pigs, and Wear Cows* and *Beyond Beliefs: A Guide to Improving Relationships and Communication for Vegans, Vegetarians, and Meat Eaters*

CREDENTIALS, CERTIFICATIONS, DEGREES & QUALIFICATIONS

- Certified Mindfulness Meditation Instructor and Facilitator
- Certified Mind-Body Specialist
- Certified in Plant-Based Nutrition, Cornell University
- Certified Behavior Change Specialist
- Fitness Nutrition Specialist Advanced Credential, National Academy of Sports Medicine
- San Francisco State University Kinesiology, Guest Lecturer
- Golden Apple Award for Excellence in Instruction
- Associate Faculty Butte College Kinseiology
- Pilates-Based Instruction: Physicalmind Institute
- American Council on Exercise Certification (ACE) since 1986
- M.A. Physical Education, CSU Chico
- B.A. Fine Arts CSU Chico
- Physical Education Teaching Credentials, College and Secondary Level
- Certified Online Instructor Training (COIT) certification, completed January 2007
- Yoga Teaching Credential, State of California
- Multiple Subjects Teaching Credential, State of California