



Role models for what is possible

Some of you have chosen to become VEGAN because you were inspired by someone you admire. Perhaps you follow an influencer on social media, or you have read a book that changed how you look at food. In 1992, I was inspired by the book *May All Be Fed* by John Robbins. It has had a profound impact on my food choices ever since.

Finding famous VEGANS is as simple as doing an internet search. Wikipedia has a growing list of VEGANS that you might find interesting: https://en.wikipedia.org/wiki/List_of_vegans. Netflix and Prime video have numerous documentaries about famous VEGANS as well. In fact, I selected *Forks Over Knives* for one of the suggested movies, based on the groundbreaking book by well-known VEGAN professor and Cornell researcher T. Colin Campbell.



From actors to athletes, to musicians and politicians, there are many famous people who have embraced the VEGAN diet. They help promote understanding and tolerance by strengthening the collective voice for this dietary choice.

Whatever path that brought you here, I challenge you to learn as much as you can as this is key to YOUR success.

Consider this:

Interviews with famous VEGANS, and video documentaries often leave out the less glamorous aspects of being VEGAN. You may have been inspired by a famous VEGAN, but they probably have personal chefs. For the rest of us, finding success on the VEGAN diet is in the details.

- It takes **time** to prepare these foods, so roll up your sleeves
- Going VEGAN eliminates a LOT of food, including family holiday favorites
- It takes nutrition knowledge to get **QUALITY calories**

A positive commitment to **time** is one of the most important things that you can do. You are already moving in the right direction by taking this course! Transitioning to a VEGAN diet needs to be gradual. At the end of this course, you will have more VEGAN knowledge and ability than almost anyone else! Including some very famous people.