



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

Jordan Younger

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Finding balance in life is a goal many of us strive to achieve. Whether it's through a healthy diet, exercise regimen, state of mind, relationship, or other activity (or all of the above), we spend our days trying to be, and become, our *best* selves.

But what happens when all that focus starts to dominate our lives? When our desire for "perfect health" trumps everything else, perhaps without us even realizing it? What happens when our *solution* starts becoming the *problem*?

These are questions that author and popular blogger Jordan Younger faced when she decided that her extreme, plant-based lifestyle just wasn't working in favor of her health anymore--and questions that you may be facing too.

In *Breaking Vegan*, Jordan reveals how obsessive "healthy" dieting eventually led her to a diagnosis of *orthorexia*, or a focus on healthy food that involves other emotional factors and ultimately becomes dysfunctional, even dangerous. In candid detail, Jordan shares what it was like to leave veganism, the downfall of her desire to achieve nutritional perfection, and how she ultimately found her way to recovery. In addition to this, Jordan outlines an "anti-diet," whole-foods-based eating plan featuring more than 25 recipes to help inspire others to find similar balance in their own lives.

Breaking Vegan is about tolerance and forgiveness. And ultimately, forging one's own path toward happiness.

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