

For Immediate Release

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AISHA ADAMS RELEASES VEGAN CURIOUS:

Answers, Recipes And Activities To Help Jumpstart Your Vegan Lifestyle

[ASHEVILLE , NORTH CAROLINA] — [October 2016] - Aisha Adams is proud to release this non-fiction interactive workbook for people looking to transition to a more plant based diet.

“This book is for anyone who is looking to create an action plan around plant based eating. I run into a lot of people who want to eat healthier, but don’t know where to start. By the time they finish Vegan Curious they will have a running list of vegan foods they love to eat, and they will understand how to incorporate what they’ve learned that into their daily routine.”

ABOUT AISHA ADAMS: Aisha Adams has been a practicing vegan for about 5 years now. As a lifestyle blogger she not only writes not writes about conscious eating, but about conscious living in general. Aisha’s is a 2016 My Home, My Voice Fellow through Provide Access. Her work has appeared places like The Asheville Grit and the Asheville Citizen Times.

“Small changes can impact your diet in a big way. For some people, being vegan curious will be enough. They may find that they will not need to fully commit. Others will will be able to use interactive workbook to make a total change.”

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