

Review of *Breaking Vegan* by Jordan Younger

Currently studying to become a health coach at the Institute of Integrative Nutrition, the author of *Breaking Vegan*, Jordan Younger has come a long way from her time as the blogger of The Balanced Blonde which was previously a vegan blog named The Blonde Vegan. She started this blog in 2013 as an outlet to share her interesting and delicious vegan recipes with the world.

The blog instantly became wildly popular, but about a year later, Jordan started to struggle, health-wise. After having tests conducted, the reason for her upset health was determined to be her vegan diet. Following this diagnosis, she made the decision to leave the vegan life behind. She posted a blog post titled "Why I'm Transitioning Away from Veganism," immediately bringing her into the spotlight, so much so that People.com decided to feature her.

And it didn't end there; magazines like NY Mag, Teen Vogue, The New York Daily News, The Huffington Post, Harper's Bazaar Australia, all have featured her along the way. Aside from print, she has also made appearances on ABC's News Good Morning America, Nightline, CBS' The Doctors, Pivot's Take Part Live, HER Radio, Radio MD, Toronto's CBC Radio, and NPR.

Balance is a concept many people strive for, but very few are able to reach their destination. For different people, a balanced life means diverse things, diet, exercise, mental peace, balance in relationships, or a combination of all these things. Our main goal in life, usually, is to achieve the perfect combination of all of the above mentioned parts of life.

It does not take long for few folks to turn that strive for balance into an obsession that quickly takes over the rest of their life. In *Breaking Vegan*, Jordan explains how her obsession to perfect the vegan life caused her health problems so severe that she was diagnosed with a disorder called Orthorexia. We must opt for a lifestyle that has elements of everything. Why is that? Because when we focus on one aspect, it becomes far too excessive for our bodies to handle.

Generally, the assumption that the "vegan lifestyle is the healthy choice," surrounds us so profusely that we may have started to believe it at our core. But after reading Jordan's book, your beliefs will change.