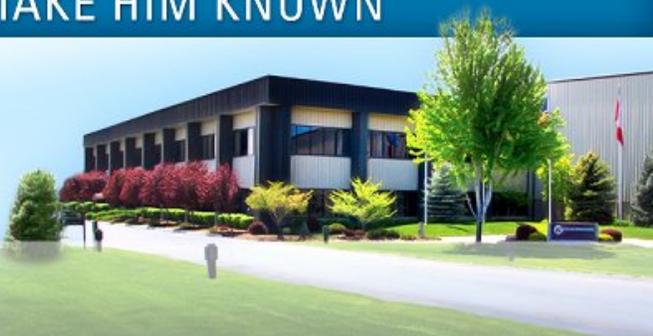


TO UPLIFT CHRIST AND MAKE HIM KNOWN

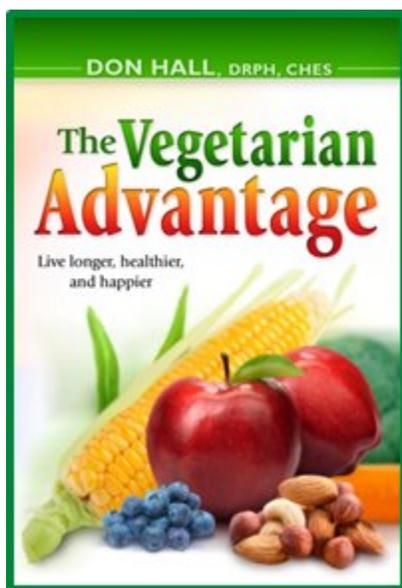


Media Release ▶ Pacificpress.com



Pacific Press® Offers Free Book Giveaway

Nampa, Idaho (October 22, 2013) — October is Vegetarian Awareness Month. To celebrate Pacific Press® is giving away a free copy of *The Vegetarian Advantage* with every order placed on AdventistBookCenter.com during the week October 27 - November 1, 2013. Coupon code VEGE12 must be used.



It's a fact that in spite of embracing the truth about the health message many Adventists still struggle with adapting to a vegetarian life style. This is also true for many newly-baptized members. Adventist Book Centers throughout the country and AdventistBookCenter.com would like to help change this.

Written by Dr. Don Hall, *The Vegetarian Advantage* is:

- Easy to read
- Outlines the benefits of vegetarianism
- Lays out the steps needed to transition to a plant-based diet
- Provides guidelines to ensure your nutritional needs are met
- Gives simple meal planning pointers

If you—or someone you know—is interested in living longer, being healthier, and feeling better, learn more about how to switch to a plant-based diet. Celebrate Vegetarian Awareness Month with us and get your free copy of *The Vegetarian Advantage* with anything you order on AdventistBookCenter.com when placed during October 27 through November 1. Remember to use the coupon code VEGE12 when you check out online.

Thank you for partnering with us to get this important message out.

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