

# NEW! NEW! NEW!

## Interview with Colleen-Patrick Goudreau

Author and Educator on Living Compassionately and Healthfully



For over 11 years, **Colleen Patrick-Goudreau** has guided people to becoming and staying vegan through sold-out cooking classes, bestselling books, inspiring lectures, engaging videos, and her immensely popular audio podcast, “*Vegetarian Food for Thought*.” The award-winning author of five books, [>> Read MORE of Colleen’s interview here](#)

*[EVEN Interviews is a monthly feature highlighting vegans who are leaders in their fields and who have a deep commitment to veganism. It is designed to offer interesting and inspiring viewpoints to both long-term vegans and newbies alike.]*

**“...being vegan is not about being perfect. It's about doing everything we can to prevent violence and suffering...”- Colleen Patrick-Goudreau**