

VEGAN 1 DAY, STORIES OF LIVING THE GOOD LIFE

Kings Beach, Ca.—For the 9th consecutive year, under a full moon, John Merryfield will embark on a solo, non-stop paddle around Lake Tahoe to help end animal cruelty. He does this to speak out for factory-farmed animals, for the environment, and for our health. He and his wife Carol Merryfield believe that eating a vegan diet is a healthy way to live a more compassionate life. They've also written a new book about their adventures called, ***Vegan 1 Day, Stories of Living the Good Life*** which will be released at the celebration event after John completes the endurance stand-up paddle.

Vegan 1 Day, Stories of Living the Good Life is a compilation of essays, and plant-based wisdom that offers a simple message, let love and kindness guide you to living a good life. The Merryfield's write with grit, prose, and humor about living life to the fullest. The book also offers over 30 healthy plant-based recipes to help people get started.

Their book describes adventures all the way from surfing hurricane swell in Baja to SUP paddling around Lake Tahoe in one day. Last year, John completed the non-stop paddle around Lake Tahoe in 14 hours and 15 minutes. John uses the full moon to navigate at night when the lake is the calmest.

Because this is the 9th year Merryfield will paddle the lake, when asked if the circumnavigation is becoming easy and routine, John says, "Every year my mind tells me that I can't do it, take a short cut, take a nap, hide in the bushes, or sleep at a friend's house, anything other than to paddle Big Blue in one day. So yes, paddling alone all night 72 miles around Tahoe is still difficult, but pales in comparison to what pigs experience in metal crates, where they are crammed in so tight they cannot turn around for most of their lives".

The Vegan 1 Day project believes that people can get all of the protein and nutrition they need in a whole food, plant-based diet. Going vegan for even just one day has a positive effect on our consciousness, setting a powerful intention for better health, a cleaner environment, and a more compassionate world. There will be a vegan potluck celebration on July 23rd, at 5pm at Adrift Tahoe in Kings Beach, Ca. For more information, visit www.vegan1day.org.