



## In Defense of Food: An Eater s Manifesto (Hardback)

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By Michael Pollan

Turtleback Books, United States, 2009. Hardback. Book Condition: New. Bound for Schools Libraries ed.. 208 x 135 mm. Language: English . Brand New Book. #1 New York Times Bestseller Food. There s plenty of it around, and we all love to eat it. So why should anyone need to defend it? Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion--most of what we re consuming today is longer the product of nature but of food science. The result is what Michael Pollan calls the American Paradox: The more we worry about nutrition, the less healthy we see to become. With In Defense of Food, Pollan proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: Eat food. Not too much. Mostly plants. Pollan s bracing and eloquent manifesto shows us how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating. Michael Pollan [is the] designated repository for the nation s food conscience. -Frank Bruni, The New York Times A...



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