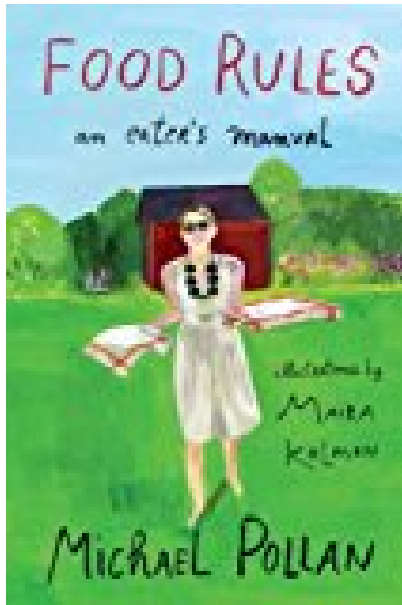


Food Rules An Eaters Manual



BOOK DETAILS

- Author : Michael Pollan
- Pages : 224 Pages
- Publisher : Penguin Press
- Language : English
- ISBN : 1594203083

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BOOK SYNOPSIS

#1 New York Times Bestseller A definitive compendium of food wisdom Eating doesn't have to be so complicated. In this age of ever-more elaborate diets and conflicting health advice, Food Rules brings welcome simplicity to our daily decisions about food. Written with clarity, concision, and wit that has become bestselling author Michael Pollan's trademark, this indispensable handbook lays out a set of straightforward, memorable rules for eating wisely, one per page, accompanied by a concise explanation. It's an easy-to-use guide that draws from a variety of traditions, suggesting how different cultures through the ages have arrived at the same enduring wisdom about food. Whether at the supermarket or an all-you-can-eat buffet, this is the perfect guide for anyone who ever wondered, "What should I eat?" "In the more than four decades that I have been reading and writing about the findings of nutritional science, I have come across nothing more intelligent, sensible and simple to follow than the 64 principles outlined in a slender, easy-to-digest new book called Food Rules: An Eater's Manual, by Michael Pollan." - Jane Brody, The New York Times "The most sensible diet plan ever? We think its the one that Michael Pollan outlined a few years ago: "Eat food. Not too much. Mostly plants." So were happy that in his little new book, Food Rules, Pollan offers more common-sense rules for eating: 64 of them, in fact, all thought-provoking and some laugh-out-loud funny." --The Houston Chronicle " It doesnt get much easier than this. Each page has a simple rule, sometimes with a short explanation, sometimes without, that promotes Pollans back-to-the-basics-of-food (and-food-enjoyment) philosophy." --The Los Angeles Times "A useful and funny purse-sized manual that could easily replace all the diet books on your bookshelf." --Tara Parker-Pope, The New York Times Michael Pollan's most recent book Cooked: A Natural History of Transformation--the story of our most trusted food expert's culinary education--was published by Penguin Press in April 2013, and in 2016 it serves as the inspiration for a four-part docuseries on Netflix by the same name. From the Trade Paperback edition.

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