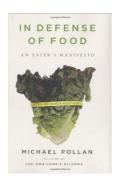
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IN DEFENCE OF FOOD: AN EATER S MANIFESTO



Penguin Putnam Inc, United States, 2008. Book. Condition: New. New. Language: English. Brand New Book. What to eat, what not to eat, and how to think about health: a manifesto for our times Eat food. Not too much. Mostly plants. These simple words go to the heart of Michael Pollan s In Defense of Food, the well-considered answers he provides to the questions posed in the bestselling The Omnivore's Dilemma. Humans used to know how to eat well....

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- Authored by Michael Pollan
- Released at 2008



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