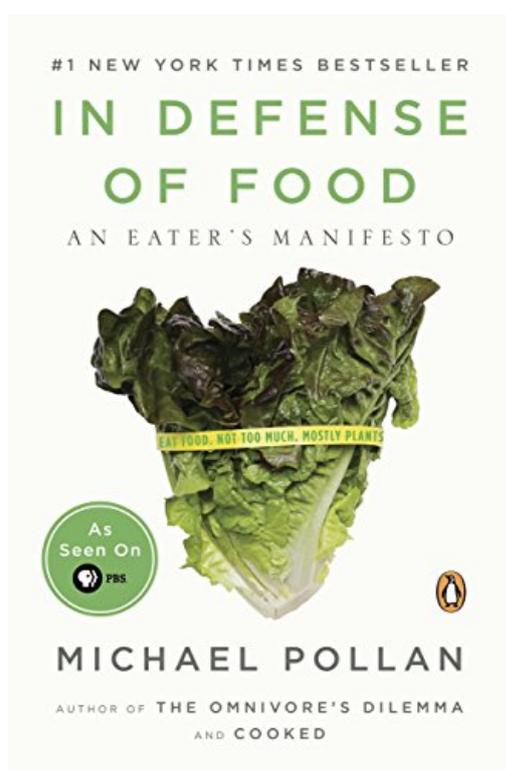


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# IN DEFENSE OF FOOD

AN EATER'S MANIFESTO



MICHAEL POLLAN

AUTHOR OF THE OMNIVORE'S DILEMMA  
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## Amazon.com Review

Amazon Significant Seven, January 2008: Food is the one thing that Americans hate to love and, as it turns out, love to hate. What we want to eat has been ousted by the notion of what we should eat, and it's at this nexus of hunger and hang-up that Michael Pollan poses his most salient question: where is the food in our food? What follows in *In Defense of Food* is a series of wonderfully clear and thoughtful answers that help us omnivores navigate the nutritional minefield that's come to typify our food culture. Many processed foods vie for a spot in our grocery baskets, claiming to lower cholesterol, weight, glucose levels, you name it. Yet Pollan shows that these convenient "healthy" alternatives to whole foods are appallingly inconvenient: our health has a nation has only deteriorated since we started exiling carbs, fats--even fruits--from our daily meals. His razor-sharp analysis of the American diet (as well as its architects and its detractors) offers an inspiring glimpse of what it would be like if we could (a la Humpty Dumpty) put our food back together again and reconsider what it means to eat well. In a season filled with rallying cries to lose weight and be healthy, Pollan's call to action—"Eat food. Not too much. Mostly plants."--is a program I actually want to follow. --Anne Bartholomew

## From Publishers Weekly

Starred Review. Pollan provides another shocking yet essential treatise on the industrialized Western diet and its detrimental effects on our bodies and culture. Here he lays siege to the food industry and scientists' attempts to reduce food and the cultural practices of eating into bite-size concepts known as nutrients, and contemplates the follies of doing so. As an increasing number of Americans are overfed and undernourished, Pollan makes a strong argument for serious reconsideration of our eating habits and casts a suspicious eye on the food industry and its more pernicious and misleading practices. Listeners will undoubtedly find themselves reconsidering their own eating habits. Scott Brick, who narrated Pollan's *The Omnivore's Dilemma*, carries forward the same tone and consistency, thus creating a narrative continuity between the two books. Brick renders the text with an expert's skill, delivering well-timed pauses and accurate emphasis. He executes Pollan's asides and sarcasm with an uncanny ability that makes listening infinitely better than reading. So compelling is his tone, listeners may have trouble discerning whether Brick's conviction or talent drives his powerful performance.

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From Bookmarks Magazine

Berkeley, California-based journalism professor and New York Times Magazine contributing writer Michael Pollan, whose previous work on the subject includes *The Botany of Desire* and the best-selling *The Omnivore's Dilemma*, has placed himself at the forefront of food writing. He preaches a back-to-basics approach and a close questioning of the avalanche of information that has come out of our diet-obsessed society. Despite the accusations of a few critics as being a little alarmist, a little elitist, and a little obvious (not everyone has the access to or the resources to eat the food Pollan suggests), the book encourages a simple approach to eating that will strike a chord with readers weary of conflicting information and unrealistic weight-loss and wellness programs. So the message of the book and its well-written delivery can't be faulted. The question is, do we need to hear it all again?

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