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In Defence of Food: The Myth of Nutrition and the Pleasures of Eating

By Michael Pollan

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, In Defence of Food: The Myth of Nutrition and the Pleasures of Eating, Michael Pollan, Michael Pollan's "In Defence of Food" is a simple invitation to junk the science, ditch the diet and instead rediscover the joys of eating well. This book is a celebration of food. By food, Michael Pollan means real, proper, simple food - not the kind that comes in a packet, or has lists of unpronounceable ingredients, or that makes nutritional claims about how healthy it is. More like the kind of food your great-grandmother would recognize. By following a few pieces of advice (Eat at a table - a desk doesn't count. Don't buy food where you'd buy your petrol!), you will enrich your life and your palate, and enlarge your sense of what it means to be healthy and happy. It's time to fall in love with food again. "Brings home the real wonder of eating food". ("Sunday Times"). "Instantly makes redundant all diet books and 99 per cent of discussions around healthy eating. Sense, at last". ("Daily Mail"). "Pollan invites us to grab our pots and pans and cook some real food for dinner". ("Time...



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