



The book was found

Summary Of Michael Pollan's In Defense Of Food: An Eater's Manifesto



Synopsis

This is a summary of Michael Pollan's *In Defense of Food: An Eater's Manifesto*. 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 Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion - most of what we're consuming today is longer the product of nature but of food science.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. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour the whole book. You get the main summary along with all of the benefits and lessons the actual book has to offer.

Book Information

Audible Audio Edition

Listening Length: 33 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Ant Hive Media

Audible.com Release Date: May 18, 2016

Language: English

ASIN: B01FT6QA3A

Best Sellers Rank: #407 in [Books > Audible Audiobooks > Nonfiction > Study Aids](#) #498

in [Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition](#) #3877 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

Excellent read with much take away. Not just on nutrition but the purpose and meaning behind eating.

[Download to continue reading...](#)

Summary of Michael Pollan's *In Defense of Food: An Eater's Manifesto* *In Defense of Food: An*

Eater's Manifesto Survival Self Defense: Keep Yourself And Your Family Protected (Self Defense Gear, Home Defense Tactic, Self Defense Equipment) Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary--Paperback, Hardcover, Summary, Audible, Novel, Audiobook Book 1) Michael Vey, the Electric Collection (Books 1-3): Michael Vey; Michael Vey 2; Michael Vey 3 Michael Brein's Guide to Madrid by the Metro (Michael Brein's Guides to Sightseeing By Public Transportation) (Michael Brein's Guides to Sightseeing ... (Michael Brein's Travel Guides) Summary - Creativity, Inc.: By Ed Catmull - Overcoming the Unseen Forces That Stand in the Way of True Inspiration (Creativity, Inc: A Complete Summary ... Book, Paperback,Hardcover, Summary Book 1) Summary - Circling the Sun: By Paula McLain - A Detailed Summary (Circling The Sun: A Detailed Summary---Paperback, Ebook, Novel, Audiobook, Audible, Hardcover) Michael Brein's Guide to Amsterdam by the Tram (Michael Brein's Guides to Sightseeing By Public Transportation) (Michael Brein's Guides to Sightseeing ... to Sightseeing By Public Transportation) Michael Brein's Guide to Honolulu & Oahu by TheBus (Michael Brein's Guides to Sightseeing by Public Transportation) (Michael Brein's Travel Guides to Sightseeing By Public Transportation) Chicago by the 'L' (Michael Brein's Travel Guides) (Michael Brein's Travel Guides) (Michael Brein's Travel Guides) Michael Brein's Guide to Washington, DC by the Metro (Michael Brein's Guides to Sightseeing By Public Transportation) (Michael Brein's Travel Guides) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) The Pollan Family Table: The Best Recipes and Kitchen Wisdom for Delicious, Healthy Family Meals Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Defense From Within: A Guide to Success As a Dental Malpractice Defense Expert Storytelling for the Defense: The Defense Attorney's Courtroom Guide to Beating Plaintiffs at Their Own Game Vortex Control Self-Defense Bundle: Hand to Hand Combat, Knife Defense, and Stick Fighting Practical Escrima Knife Defense: Defending Yourself against Knife Attacks (Vortex Control Self-Defense Book 2) Knife Training Methods for Self Defense: How to Become a Pro at Knife Fighting: (Self-Defense, Self Protection)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

