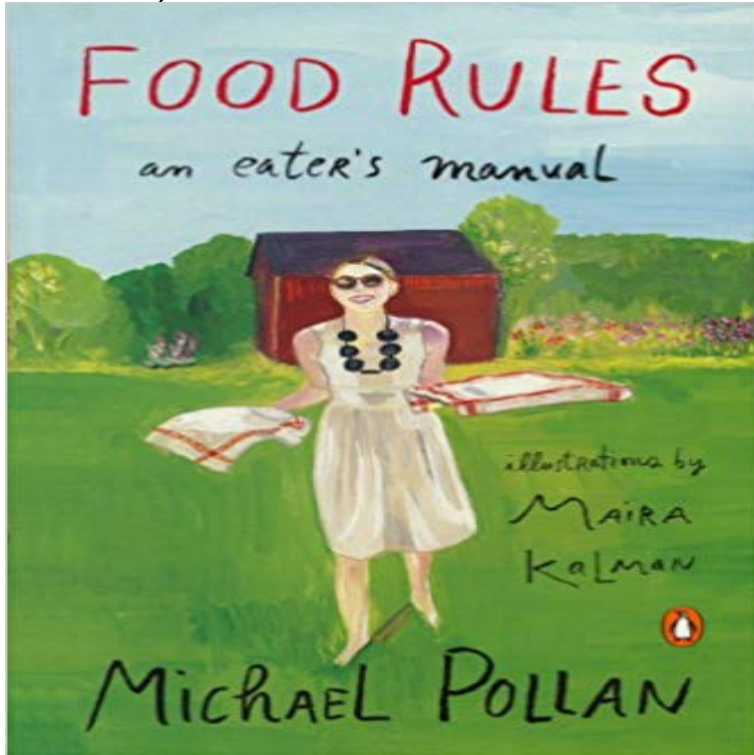


# Food Rules: An Eaters Manual (Turtleback School & Library Binding Edition)



FOR USE IN SCHOOLS AND LIBRARIES ONLY. An enhanced edition of Food Rules beautifully illustrated and packed with additional food wisdom Michael Pollans Food Rules prompted a national discussion helping to change the way Americans approach eating. This new edition illustrated by celebrated artist Maira Kalman and expanded with a new introduction and nineteen additional food rules marks an advance in the national dialogue that Food Rules inspired. Many of the new rules, suggested by readers, underscore the central teachings of the original Food Rules, which are that eating doesn't have to be so complicated and that food is as much about pleasure and community as it is about nutrition and health. A beautiful book to cherish and share, Food Rules guides us with humor, joy, and common sense toward a happier, healthier relationship to food.

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