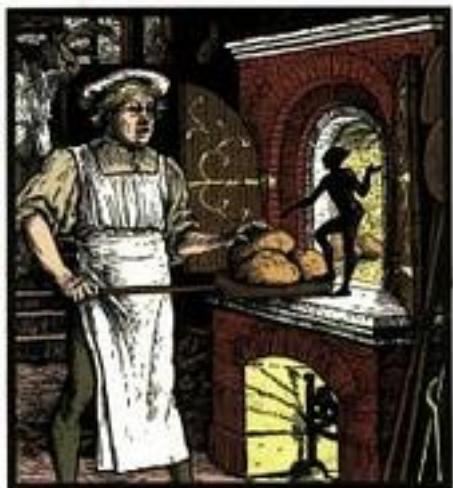


# Six Thousand Years of Bread

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“This is a fascinating book.” —*The Wall Street Journal*

## SIX THOUSAND YEARS OF BREAD



ITS HOLY AND UNHOLY HISTORY  
H. E. Jacob

Foreword by Peter Reinhart

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Give us this day our daily bread. From ancient Egypt to modern times, bread has been essential, for survival, if nothing more. H.E. Jacob takes readers through the history of this staple, examining its role in politics, religion and technology, while answering such questions as how bread caused Napoleon's defeat. The fascinating voyage begins with "The Bread of Prehistoric Man" and continues with an exploration of the plow, the discovery of baking, the Grecian passion for seed corn and reverence for the bread goddess Demeter, the significance of the Bible's many references to bread and how bread contributed to the outcome of World War I. In a poignant conclusion, Jacob describes his own experiences subsisting on bread made of sawdust in a Nazi concentration camp. This is a fascinating and intriguing insight into the food of life.

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