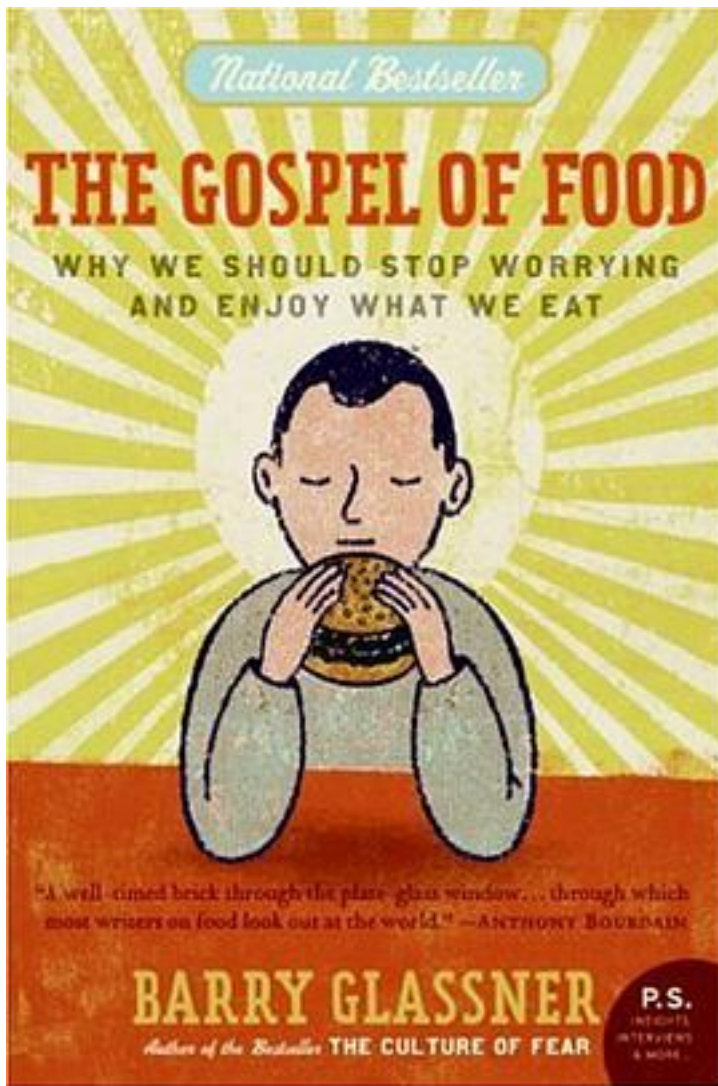


The Gospel of Food



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For many Americans, eating is a religion. We worship at the temples of celebrity chefs. We raise our children to believe that certain foods are good and others are bad. We believe that if we eat the right foods, we will live longer, and if we eat in the right places, we will raise our social status. Yet what we believe to be true about food is, in fact, quite contradictory. Part exposé, part social commentary, The Gospel of Food is a rallying cry to abandon the fads and fallacies in favor of calmer, more pleasurable eating. By interviewing chefs, food chemists, nutritionists, and restaurant critics about the way we eat, sociologist Barry Glassner helps us recognize the myths, half-truths, and guilt trips they promulgate, and liberates us for greater joy at the table.

作者介绍:

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