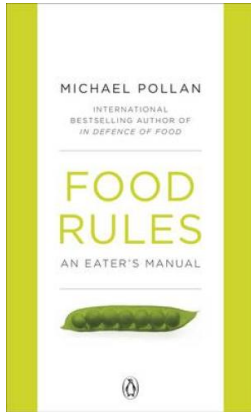


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FOOD RULES



Paperback. Book Condition: New. Not Signed; In sixty-four bite-sized pieces of advice, Michael Pollan's Food Rules tells you everything you need to know to eat healthily, dine happily and live well. Eat food. Mostly plants. Not too much. Using those seven simple words as his guide, internationally-acclaimed food journalist Michael Pollan offers this indispensable handbook for anyone concerned about health and food. Sensible, easy to use and written in plain English, Food Rules is a set of memorable adages designed...

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- Authored by Michael Pollan
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