



Best Thing I Ever Tasted: The Secret of Food

Sallie Tisdale

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Eating is the most common way to celebrate in our culture, the most visible way to indulge ourselves. And yet few things have such power over our lives-it controls us as consumers, as social animals, as guilty creatures of appetite. Through a lively mixture of history, memoir, sociology and family recipe, Tisdale explores our public and private attitudes about food, drawing a rich portrait of the many forces behind our American appetite and demystifying the everyday miracle of eating.

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