



## Blessing The Hands That Feed Us: Lessons from a 10 Mile Diet (Paperback)

By Vicki Robin, Frances Moore Lappe, Anna Lappe

Penguin Putnam Inc, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. An exploration of our relationship with food and eating locally from the bestselling author of *Your Money or Your Life*. Taking the local food movement to heart, Vicki Robin pledged for one month to eat only food sourced within a ten-mile radius of her home on Whidbey Island in Puget Sound, Washington. Like Barbara Kingsolver's *Animal, Vegetable, Miracle* and the bestselling books of Michael Pollan, *Blessing the Hands That Feed Us* is part personal narrative and part global manifesto. Robin's challenge for a sustainable diet not only brings to light society's unhealthy dependence on mass-produced, prepackaged foods but also helps her reconnect with her body, her community, and her environment. Featuring recipes throughout, along with practical tips on adopting your own locally-sourced diet, this is a candid, humorous, and inspirational guide to the locavore movement and a healthy food future.

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