
Fast Food Nation

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Fast Food Nation

What The All-American Meal is Doing to the World Penguin UK

Eric Schlosser has visited the state of the art labs where scientists recreate the flavours and smells of everything from cooked chicken to fresh strawberries in the test tube and he has spoken to workers at meatpacking plants with some of the worst safety records in the world. He explores the links between Hollywood and the fast food trade, and the tactics used to target ever younger consumers. In a meticulously researched and powerfully argued account, Fast Food Nation reveals the full price of our appetite for instant gratification.

Fast Food Nation

The Dark Side of the All-American Meal Houghton Mifflin Harcourt

Explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production.

Fast Food Nation

The Dark Side of the All-American Meal

Chew on this

Everything You Don't Want to Know about Fast Food

Houghton Mifflin Harcourt

Examines the fast food industry with facts about its evolution and practices, the effects of fast food consumption on public health, and the international success of fast food.

The Food Industry in Eric Schlosser's Fast Food Nation

Greenhaven Publishing LLC

This informative volume explores Eric Schlosser's *Fast Food Nation* through the lens of the food industry. Coverage includes: an examination of Schlosser's life as an investigative journalist; Schlosser's view of the food industry as demonstrated in his book; how investigative journalism can be viewed as literature; how *Fast Food Nation* has changed people's perspectives and actions; criticisms of *Fast Food Nation* and its message; and contemporary perspectives on the food industry with commentary on topics such as food regulations and movements.

Quicklet on Eric Schlosser's Fast Food Nation

Hyperink Inc

ABOUT THE BOOK “Hundreds of millions of people buy fast food every day without giving it much thought, unaware of the subtle and not so subtle ramifications of their purchases. They rarely consider where this food came from, how it was made, what it is doing to the community around them. They just grab their tray off the counter, find a table, take a seat, unwrap the paper, and dig in. The whole experience is transitory and soon forgotten. I've written this book out of a belief that people should know what lies behind the shiny, happy surface of every fast food transaction. They should know what really lurks between those sesame-seed buns.” Published in 2001, Eric Schlosser's *Fast Food Nation: The Dark Side of the All-American Meal* explores the dark underbelly of fast food production in the United States. An award-winning journalist and contributor to *Atlantic Monthly*, Schlosser developed the book from a series of articles for *Rolling Stone* magazine. *Rolling Stone* asked Schlosser to find out where fast food came from. As someone who enjoyed indulging in fries and hamburgers, Schlosser was initially reluctant to take on the assignment. As he began to research the history and formation of the fast food industry, he became increasingly curious about how the industry gained power and influence on America's agricultural landscape and food culture. With over 50 pages of research notes included at the end of the book, the author defends his points with thorough analysis from various legal investigations, interviews, and journal articles. Schlosser artfully weaves sarcasm with gritty investigative journalism to demonstrate how corporations and greed have corrupted the food system in America. Schlosser's book was a *New York Times* bestseller for over two years and has sold over 1.4 million print copies. In 2006, *Fast Food Nation* became a fictionalized film directed by Richard Linklater, which was featured at the Cannes Film Festival. However, the book and film were not met without criticism from trade industry producers of beef, potatoes, and restaurant chains like McDonald's. The *Wall Street Journal* reported in 2006 that various organizations were trying to create campaigns against Schlosser's allegations in the book that fast food consumption contributes to obesity and fostered corruption in the nation's agricultural system. EXCERPT FROM THE BOOK The author playfully muses that, should America be attacked in the future, Cheyenne Mountain may be the only place with artifacts of our civilization – “Burger King wrappers, hardened crusts of Cheesy Bread, Barbeque Wings bones, and the red, white, and blue of a

Domino's pizza box.” What started as a small food stand in southern California has now spread all over the nation. Schlosser says fast food “has infiltrated every nook and cranny of American society.” Shockingly, Americans spend more today on fast food than higher education, computers, or new cars. Schlosser estimates, “On any given day in the United States about one-quarter of the country's adult population visits a fast food restaurant.” The author argues that the powerful rise of fast food industry happened quickly and “not only transformed the American diet, but also out landscape, economy, workforce, and popular culture.” Importantly, Schlosser draws parallels between Cheyenne Mountain and today's fast food industry.

Reefer Madness

Sex, Drugs, and Cheap Labor in the American Black Market

HMH

New York Times Bestseller: The shadowy world of “off the books” businesses—from marijuana to migrant workers—brought to life by the author of *Fast Food Nation*. America's black market is much larger than we realize, and it affects us all deeply, whether or not we smoke pot, rent a risqué video, or pay our kids' nannies in cash. In *Reefer Madness*, the award-winning investigative journalist Eric Schlosser turns his exacting eye to the underbelly of American capitalism and its far-reaching influence on our society. Exposing three American mainstays—pot, porn, and illegal immigrants—Schlosser shows how the black market has burgeoned over the past several decades. He also draws compelling parallels between underground and overground: how tycoons and gangsters rise and fall, how new technology shapes a market, how government intervention can reinvigorate black markets as well as mainstream ones, and how big business learns—and profits—from the underground. “Captivating . . . Compelling tales of crime and punishment as well as an illuminating glimpse at the inner workings of the underground economy. The book revolves around two figures: Mark Young of Indiana, who was sentenced to life in prison without parole for his relatively minor role in a marijuana deal; and Reuben Sturman, an enigmatic Ohio man who built and controlled a formidable pornography distribution empire before finally being convicted of tax evasion. . . . Schlosser unravels an American society that has ‘become alienated and at odds with itself.’ Like *Fast Food Nation*, this is an eye-opening book, offering the same high level of reporting and research.” —Publishers Weekly

Cogs in the Great Machine

Every book tells a story . . . And the 70 titles in the Pocket Penguins series are emblematic of the renowned breadth and quality that formed part of the original Penguin vision in 1935 and that continue to define our publishing today. Together, they tell one version of the unique story of Penguin Books. Eric Schlosser's inimitable brand of hard-hitting yet always entertaining writing looks beneath the surface of American life to examine issues ranging from the black market to burgers. When Penguin published his expose *Fast Food Nation* in 2001, it sparked a storm in the fast food industry. This piece on the terrifying true cost of cheap meat shows why Schlosser has been instrumental in changing our attitudes to what we eat.

Fast Food Nation, Class Set. Level 4 (A2/B1)

The Truth Behind Your Burger

Fast Food Maniac

From Arby's to White Castle, One Man's Supersized Obsession with America's Favorite Food *Crown*

The beloved personality from The Howard Stern Show celebrates American fast food, exploring the history and secret menu items of both national and regional chains, ranking everything from burgers and fries to ice and mascots, and offering his own expert tips on where to go and what to order. Jon Hein is the ultimate fast food maniac, and in this book he draws on his extensive knowledge of, and love for, both nationwide chains and regional gems, from McDonald's and KFC to In-N-Out Burger and Carvel. He digs into their origin stories; reveals secret menu items; includes best lists for everything from fried chicken and shakes to connoisseur concerns such as straws and biscuits; takes a nostalgic look back at the best giveaways, slogans, and uniforms; and even provides a battle-tested drive-thru strategy. With behind-the-counter looks at places like the Dunkin' Donuts headquarters and Nathan's original hot dog stand, *Fast Food Maniac* is the definitive, cross-country guide to some of America's best-loved guilty pleasures.

Fast Food Nation

What the All-American Meal is Doing to the World *Penguin Books, Limited (UK)*

Now the subject of a film by Richard Linklater, Eric Schlosser's explosive bestseller *Fast Food Nation: What the All-American Meal is Doing to the World* tells the story of our love affair with fast food. Britain eats more fast food than any other country in Europe. It looks good, tastes good, and it's cheap. But the real cost never appears on the menu. Eric Schlosser visits the lab that re-creates the smell of strawberries; examines the safety records of abattoirs; reveals why the fries really taste so good and what lurks between the sesame buns - and shows how fast food is transforming not only our diets but our world. 'Fast Food Nation has lifted the polystyrene lid on the global fast food industry ... and sparked a storm' *Observer* 'Has wiped that smirk off the Happy Meal ... Thanks to this man, you'll never eat a burger again' *Evening Standard* 'Startling ... Junk food, we learn, is just that ... left this reader vowing never to set foot in one of those outlets again' *Daily Mail* 'This book tells you more than you really want to know when you're chomping on that hamburger ... Have a nice day? Listen - you should live so long' *The Times* Eric Schlosser is a correspondent for the *Atlantic Monthly*. His first book, *Fast Food Nation*, was a major international bestseller. His work has appeared in the *Atlantic Monthly*, *Rolling Stone* and the *Guardian*. He has received a number of journalistic honours, including a National Magazine Award for an *Atlantic Review* article on the drug trade, which was later adapted into the book *Reefer Madness*.

Slow Food Nation

Why Our Food Should Be Good, Clean, and Fair *Rizzoli Publications*

By now most of us are aware of the threats looming in the food world. The best-selling *Fast Food Nation* and other recent books have alerted us to such dangers as genetically modified organisms, food-borne diseases, and industrial farming. Now it is time for answers, and *Slow Food Nation* steps up to the challenge. Here the charismatic leader of the Slow Food movement, Carlo Petrini, outlines many different routes by which we may take back control of our food. The three central principles of the Slow Food plan are these: food must be sustainably produced in ways that are sensitive to the environment, those who produce the food must be fairly treated, and the food must

be healthful and delicious. In his travels around the world as ambassador for Slow Food, Petrini has witnessed firsthand the many ways that native peoples are feeding themselves without making use of the harmful methods of the industrial complex. He relates the wisdom to be gleaned from local cultures in such varied places as Mongolia, Chiapas, Sri Lanka, and Puglia. Amidst our crisis, it is critical that Americans look for insight from other cultures around the world and begin to build a new and better way of eating in our communities here.

Occupational Outlook Handbook

The Secret Life of Groceries

The Dark Miracle of the American Supermarket *Penguin*

"A deeply curious and evenhanded report on our national appetites." --The New York Times In the tradition of *Fast Food Nation* and *The Omnivore's Dilemma*, an extraordinary investigation into the human lives at the heart of the American grocery store The miracle of the supermarket has never been more apparent. Like the doctors and nurses who care for the sick, suddenly the men and women who stock our shelves and operate our warehouses are understood as 'essential' workers, providing a quality of life we all too easily take for granted. But the sad truth is that the grocery industry has been failing these workers for decades. In this page-turning expose, author Benjamin Lorr pulls back the curtain on the highly secretive grocery industry. Combining deep sourcing, immersive reporting, and sharp, often laugh-out-loud prose, Lorr leads a wild investigation, asking what does it take to run a supermarket? How does our food get on the shelves? And who suffers for our increasing demands for convenience and efficiency? In this journey: • We learn the secrets of Trader Joe's success from Trader Joe himself • Drive with truckers caught in a job they call "sharecropping on wheels" • Break into industrial farms with activists to learn what it takes for a product to earn certification labels like "fair trade" and "free range" • Follow entrepreneurs as they fight for shelf space, learning essential tips, tricks, and traps for any new food business • Journey with migrants to examine shocking forced labor practices through their eyes The product of five years of research and hundreds of interviews across every level of the business, *The Secret Life of Groceries* is essential reading for those who want to understand our food system--delivering powerful social commentary on the inherently American quest for more and compassionate insight into the lives that provide it.

The Hip Chick's Guide to Macrobiotics

A Philosophy for Achieving a Radiant Mind and a Fabulous Body *Penguin*

A modern girl's guide to the secrets of eating for health, beauty, and peace of mind. "Part Joan Rivers, part Mahatma Gandhi, Jessica Porter makes macrobiotics meaningful, hilarious, and totally life-changing." Simon Doonan, creative director, Barneys New York and author of *Wacky Chicks* Heralded by New York magazine as one of the city's most popular diets, macrobiotics has become the latest trend in dieting, thanks to high-profile supporters like Madonna and Gwyneth Paltrow. Speaking to the generation of young women looking to extend their healthy lifestyles beyond yoga and Pilates, macrobiotic chef and instructor Jessica Porter offers fresh, contemporary, and accessible insight into one of the world's most popular diets that is based on century's old principles. She explains that through the right balance of food, women can find balance in every aspect of their lives—improved health, weight loss, or fulfilling

relationships. The effects of eating a macrobiotic diet can extend beyond basic health to weight loss, beauty, better sex, and peace of mind. Cooking tips and recipes are combined with Jessica's no-nonsense philosophy and witty anecdotes to create a lifestyle book that will inspire women to hit the kitchen with an understanding of how to strengthen their mind and body through food.

Grinding It Out

The Making of McDonald's *Macmillan*

"He either enchants or antagonizes everyone he meets. But even his enemies agree there are three things Ray Kroc does damned well: sell hamburgers, make money, and tell stories." --from *Grinding It Out* Few entrepreneurs can claim to have radically changed the way we live, and Ray Kroc is one of them. His revolutions in food-service automation, franchising, shared national training, and advertising have earned him a place beside the men and women who have founded not only businesses, but entire empires. But even more interesting than Ray Kroc the business man is Ray Kroc the man. Not your typical self-made tycoon, Kroc was fifty-two years old when he opened his first franchise. In *Grinding It Out*, you'll meet the man behind McDonald's, one of the largest fast-food corporations in the world with over 32,000 stores around the globe. Irrepressible enthusiast, intuitive people person, and born storyteller, Kroc will fascinate and inspire you on every page.

Animal, Vegetable, Miracle

A Year of Food Life *Harper Collins*

Bestselling author Barbara Kingsolver returns with her first nonfiction narrative that will open your eyes in a hundred new ways to an old truth: You are what you eat. "As the U.S. population made an unprecedented mad dash for the Sun Belt, one carload of us paddled against the tide, heading for the Promised Land where water falls from the sky and green stuff grows all around. We were about to begin the adventure of realigning our lives with our food chain. "Naturally, our first stop was to buy junk food and fossil fuel. . . ." Hang on for the ride: With characteristic poetry and pluck, Barbara Kingsolver and her family sweep readers along on their journey away from the industrial-food pipeline to a rural life in which they vow to buy only food raised in their own neighborhood, grow it themselves, or learn to live without it. Their good-humored search yields surprising discoveries about turkey sex life and overly zealous zucchini plants, en route to a food culture that's better for the neighborhood and also better on the table. Part memoir, part journalistic investigation, *Animal, Vegetable, Miracle* makes a passionate case for putting the kitchen back at the center of family life and diversified farms at the center of the American diet. "This is the story of a year in which we made every attempt to feed ourselves animals and vegetables whose provenance we really knew . . . and of how our family was changed by our first year of deliberately eating food produced from the same place where we worked, went to school, loved our neighbors, drank the water, and breathed the air."

Eating Dangerously

Why the Government Can't Keep Your Food Safe ... and How You Can *Rowman & Littlefield*

Americans are afraid of their food. And for good reason. In 2011, the deadliest food-borne illness outbreak in a century delivered killer listeria bacteria on innocuous cantaloupe never before

suspected of carrying that pathogen. Nearly 50 million Americans will get food poisoning this year. Spoiled, doctored or infected food will send more than 100,000 people to the hospital. Three thousand will die. We expect, even assume, our government will protect our food, but how often do you think a major U.S. food farm get inspected by federal or state officials? Once a year? Every harvest? Twice a decade? Try never. *Eating Dangerously* sheds light on the growing problem and introduces readers to the very real, very immediate dangers inherent in our food system. This two-part guide to our food system's problems and how consumers can help protect themselves is written by two seasoned journalists, who helped break the story of the 2011 listeria outbreak that killed 33 people. Michael Booth and Jennifer Brown, award-winning health and investigative journalists and parents themselves, answer pressing consumer questions about what's in the food supply, what "authorities" are and are not doing to clean it up, and how they can best feed their families without making food their full-time jobs. Both deeply informed and highly readable, *Eating Dangerously* explains to the American consumer how their food system works—and more importantly how it doesn't work. It also dishes up course after course of useful, friendly advice gleaned from the cutting-edge laboratories, kitchens and courtrooms where the national food system is taking new shape. Anyone interested in knowing more about how their food makes it from field and farm to store and table will want the inside scoop on just how safe or unsafe that food may be. They will find answers and insight in these pages.

The Lexus and the Olive Tree *HarperCollins UK*

A powerful and accessible account of globalization - the new world order that has replaced the cold war - by the award-winning author of *From Beirut to Jerusalem*.

Americans

At the turn of the Twentieth Century, the President of the United States is shot by an anarchist. Is the crime a protest against America's imperial ambitions--or a cry for attention by an angry young man? Provocative, edgy, and compelling, the first play by the author of *Fast Food Nation* and *Reefer Madness* is about patriotism, power, the allure of violence. Brilliantly written, morally complex and chillingly original, *Americans* explores the origins of the American empire and the imprint it now leaves on the world.

The End of Overeating

Taking Control of the Insatiable American Appetite *Rodale*

Uncovers the influences that have conditioned people to overeat, explaining how combinations of fat, sugar, and sa

Command and Control

Nuclear Weapons, the Damascus Accident, and the Illusion of Safety *Penguin*

The Oscar-shortlisted documentary *Command and Control*, directed by Robert Kenner, finds its origins in Eric Schlosser's book and continues to explore the little-known history of the management and safety concerns of America's nuclear arsenal. "A devastatingly lucid and detailed new history of nuclear weapons in the U.S. Fascinating." —Lev Grossman, *TIME* Magazine "Perilous and gripping . . . Schlosser skillfully weaves together an engrossing account of both the science and the politics of nuclear weapons safety." —San Francisco Chronicle A myth-shattering exposé of America's nuclear weapons Famed investigative journalist Eric Schlosser digs deep to uncover

secrets about the management of America's nuclear arsenal. A groundbreaking account of accidents, near misses, extraordinary heroism, and technological breakthroughs, *Command and Control* explores the dilemma that has existed since the dawn of the nuclear age: How do you deploy weapons of mass destruction without being destroyed by them? That question has never been resolved—and Schlosser reveals how the combination of human fallibility and technological complexity still poses a grave risk to mankind. While the harms of global warming increasingly dominate the news, the equally dangerous yet more immediate threat of nuclear weapons has been largely forgotten. Written with the vibrancy of a first-rate thriller, *Command and Control* interweaves the minute-by-minute story of an accident at a nuclear missile silo in rural Arkansas with a historical narrative that spans more than fifty years. It depicts the urgent effort by American scientists, policy makers, and military officers to ensure that nuclear weapons can't be stolen, sabotaged, used without permission, or detonated inadvertently. Schlosser also looks at the Cold War from a new perspective, offering history from the ground up, telling the stories of bomber pilots, missile commanders, maintenance crews, and other ordinary servicemen who risked their lives to avert a nuclear holocaust. At the heart of the book lies the struggle, amid the rolling hills and small farms of Damascus, Arkansas, to prevent the explosion of a ballistic missile carrying the most powerful nuclear warhead ever built by the United States. Drawing on recently declassified documents and interviews with people who designed and routinely handled nuclear weapons, *Command and Control* takes readers into a terrifying but fascinating world that, until now, has been largely hidden from view. Through the details of a single accident, Schlosser illustrates how an unlikely event can become unavoidable, how small risks can have terrible consequences, and how the most brilliant minds in the nation can only provide us with an illusion of control. Audacious, gripping, and unforgettable, *Command and Control* is a tour de force of investigative journalism, an eye-opening look at the dangers of America's nuclear age.

Fast Food

Roadside Restaurants in the Automobile Age *JHU Press*

The authors contemplate the origins, architecture and commercial growth of wayside eateries in the US over the past 100 years. *Fast Food* examines the impact of the automobile on the restaurant business and offers an account of roadside dining.

Critical Perspectives on the Curriculum of Teacher Education *University Press of America*

Critical Perspectives on the Curriculum of Teacher Education is a collection of papers, written by students in a widely recognized doctoral program in curriculum and educational leadership. The editors have compiled these papers to discuss key ideas and present new possibilities for teachers, in terms of formal and informal curriculum interventions. This book will challenge readers to rethink long-standing assumptions that pass for conventional wisdom in the field.

The Good Food Revolution

Growing Healthy Food, People, and Communities *Avery*

"A MacArthur 'Genius Award' recipient and co-launcher of First Lady Michelle Obama's Let's Move! program describes his early experiences as a sharecropper's son and a KFC executive before building a preeminent urban farm to feed, educate and employ thousands of at-risk youths."

The World-Ending Fire

The Essential Wendell Berry *Catapult*

The most comprehensive—and only author-authorized—Wendell Berry reader, "America's greatest philosopher on sustainable life and living" (Chicago Tribune). In a time when our relationship to the natural world is ruled by the violence and greed of unbridled consumerism, Wendell Berry speaks out in these prescient essays, drawn from his fifty-year campaign on behalf of American lands and communities. The writings gathered in *The World-Ending Fire* are the unique product of a life spent farming the fields of rural Kentucky with mules and horses, and of the rich, intimate knowledge of the land cultivated by this work. These are essays written in defiance of the false call to progress and in defense of local landscapes, essays that celebrate our cultural heritage, our history, and our home. With grace and conviction, Wendell Berry shows that we simply cannot afford to succumb to the mass-produced madness that drives our global economy—the natural world will not allow it. Yet he also shares with us a vision of consolation and of hope. We may be locked in an uneven struggle, but we can and must begin to treat our land, our neighbors, and ourselves with respect and care. As Berry urges, we must abandon arrogance and stand in awe.

McDonaldization Revisited

Critical Essays on Consumer Culture *Greenwood Publishing Group*

An examination based on George Ritzer's book *The McDonaldization of society* focusing on consumption.

Food Inc.: A Participant Guide

How Industrial Food is Making Us Sicker, Fatter, and Poorer-And What You Can Do About It *PublicAffairs*

Food, Inc. is guaranteed to shake up our perceptions of what we eat. This powerful documentary deconstructing the corporate food industry in America was hailed by *Entertainment Weekly* as "more than a terrific movie—it's an important movie." Aided by expert commentators such as Michael Pollan and Eric Schlosser, the film poses questions such as: Where has my food come from, and who has processed it? What are the giant agribusinesses and what stake do they have in maintaining the status quo of food production and consumption? How can I feed my family healthy foods affordably? Expanding on the film's themes, the book *Food, Inc.* will answer those questions through a series of challenging essays by leading experts and thinkers. This book will encourage those inspired by the film to learn more about the issues, and act to change the world.

Fast Food Nation

What the All-American Meal is Doing to the World

The bestselling phenomenon *Fast Food Nation* becomes a film starring Ethan Hawke, Bruce Willis and Patricia Arquette, directed by Richard Linklater. This is the film tie-in

The Tragical History of the Life and Death of Doctor Faustus

A Timeline of Australian Food

From Mutton to Masterchef *UNSW Press*

A Timeline of Australian Food takes readers on a tasty and sometimes surprising culinary journey through 150 years of

Australian food. Lavishly illustrated, this tasty book looks at what we've eaten, how we've shopped, and how we've produced and prepared our food, decade by decade, through depression, war, and decades of abundance.

Don't Eat This Book

Fast Food and the Supersizing of America *Penguin*

For thirty days, Morgan Spurlock ate nothing but McDonald's as part of an investigation into the effects of fast food on American health. The resulting documentary earned him an Academy Award nomination and broke box-office records worldwide. But there's more to the story, and in *Don't Eat This Book*, Spurlock examines everything from school lunch programs and the marketing of fast food to the decline of physical education. He looks at why fast food is so tasty, cheap, and ultimately seductive—and interviews experts from surgeons general and kids to marketing gurus and lawmakers, who share their research and opinions on what we can do to offset a health crisis of supersized proportions. Don't eat this groundbreaking, hilarious book—but if you care about your country's health, your children's, and your own, you better read it.

Drive-Thru Dreams

A Journey Through the Heart of America's Fast-Food Kingdom *Flatiron Books*

"This is a book to savor, especially if you're a fast-food fan."—Bookpage "This fun, argumentative, and frequently surprising pop history of American fast food will thrill and educate food lovers of all speeds." —Publishers Weekly Most any honest person can own up to harboring at least one fast-food guilty pleasure. In *Drive-Thru Dreams*, Adam Chandler explores the inseparable link between fast food and American life for the past century. The dark underbelly of the industry's largest players has long been scrutinized and gutted, characterized as impersonal, greedy, corporate, and worse. But, in unexpected ways, fast food is also deeply personal and emblematic of a larger than life image of America. With wit and nuance, Chandler reveals the complexities of this industry through heartfelt anecdotes and fascinating trivia as well as interviews with fans, executives, and workers. He traces the industry from its roots in Wichita, where White Castle became the first fast food chain in 1921 and successfully branded the hamburger as the official all-American meal, to a teenager's 2017 plea for a year's supply of Wendy's chicken nuggets, which united the internet to generate the most viral tweet of all time. *Drive-Thru Dreams* by Adam Chandler tells an intimate and contemporary story of America—its humble beginning, its innovations and failures, its international charisma, and its regional identities—through its beloved roadside fare.

British National Formulary

The Top 50 Sustainability Books *Routledge*

This unique title draws together in one volume some of the best thinking to date on the pressing social and environmental challenges we face as a society. These are the Top 50 Sustainability Books as voted for by the University of Cambridge Programme for Sustainability Leadership's alumni network of over 3,000 senior leaders from around the world. In addition to profiles of all 50 titles, many of the authors share their most recent reflections on the state of the world and the ongoing attempts by business, government and civil society to create a more sustainable future. Many of these authors have become household names in the environmental, social and economic

justice movements – from Rachel Carson, Ralph Nader and E.F. Schumacher to Vandana Shiva, Muhammad Yunus and Al Gore. Others, such as Aldo Leopold, Thomas Berry and Manfred Max-Neef, are relatively undiscovered gems, whose work should be much more widely known. By featuring these and other seminal thinkers, *The Top 50 Sustainability Books* distills a remarkable collective intelligence – one that provides devastating evidence of the problems we face as a global society, yet also inspiring examples of innovative solutions; it explores our deepest fears and our highest hopes for the future. It is a must-read for anyone who wants to tap into the wisdom of our age.

We Are the Weather

Saving the Planet Begins at Breakfast *Farrar, Straus and Giroux*

In *We Are the Weather*, Jonathan Safran Foer explores the central global dilemma of our time in a surprising, deeply personal, and urgent new way. Some people reject the fact, overwhelmingly supported by scientists, that our planet is warming because of human activity. But do those of us who accept the reality of human-caused climate change truly believe it? If we did, surely we would be roused to act on what we know. Will future generations distinguish between those who didn't believe in the science of global warming and those who said they accepted the science but failed to change their lives in response? The task of saving the planet will involve a great reckoning with ourselves—with our all-too-human reluctance to sacrifice immediate comfort for the sake of the future. We have, he reveals, turned our planet into a farm for growing animal products, and the consequences are catastrophic. Only collective action will save our home and way of life. And it all starts with what we eat—and don't eat—for breakfast.

The Appalachian Trail

A Biography *Mariner Books*

The Appalachian Trail is America's most beloved trek, with millions of hikers setting foot on it every year. Yet few are aware of the fascinating backstory of the dreamers and builders who helped bring it to life over the past century. The conception and building of the Appalachian Trail is a story of unforgettable characters who explored it, defined it, and captured national attention by hiking it. From Grandma Gatewood—a mother of eleven who thru-hiked in canvas sneakers and a drawstring duffle—to Bill Bryson, author of the best-selling *A Walk in the Woods*, the AT has seized the American imagination like no other hiking path. The 2,000-mile-long hike from Georgia to Maine is not just a trail through the woods, but a set of ideas about nature etched in the forest floor. This character-driven biography of the trail is a must-read not just for ambitious hikers, but for anyone who wonders about our relationship with the great outdoors and dreams of getting away from urban life for a pilgrimage in the wild.

Fast Food

The Good, the Bad and the Hungry *Reaktion Books*

The single most influential culinary trend of our time is fast food. It has spawned an industry that has changed eating, the most fundamental of human activities. From the first flipping of burgers in tiny shacks in the western United States to the forging of neon signs that spell out "Pizza Hut" in Cyrillic or Arabic scripts, the fast food industry has exploded into dominance, becoming one of the leading examples of global corporate

success. And with this success it has become one of the largest targets of political criticism, blamed for widespread obesity, cultural erasure, oppressive labor practices, and environmental destruction on massive scales. In this book, expert culinary historian Andrew F. Smith explores why the fast food industry has been so successful and examines the myriad ethical lines it has crossed to become so. As he shows, fast food—plain and simple—devised a perfect retail model, one that works everywhere, providing highly flavored calories with speed, economy, and convenience. But there is no such thing as a free lunch, they say, and the costs with fast food have been enormous: an assault on proper nutrition, a minimum-wage labor standard, and a powerful pressure on farmers and ranchers to deploy some of the worst agricultural practices in history. As Smith shows, we have long known about these problems, and the fast food industry for nearly all of its existence has been beset with scathing exposés, boycotts, protests, and government interventions, which it has sometimes met with real changes but

more often with token gestures, blame-passing, and an unrelenting gauntlet of lawyers and lobbyists. *Fast Food* ultimately looks at food as a business, an examination of the industry's options and those of consumers, and a serious inquiry into what society can do to ameliorate the problems this cheap and tasty product has created.

Wolves and Honey

A Hidden History of the Natural World *Houghton Mifflin Harcourt*

A stirring, insightful memoir of a beekeeper and a trapper explores the fragile relationship between humanity and the natural world, taking readers deep into the heart of the Finger Lakes Region of New York. Reprint.

Eat Your Heart Out

Food Profiteering in America *Random House Value Publishing*