



The Virtues of the Table: How to Eat and Think (Paperback)

By Julian Baggini

GRANTA BOOKS, United Kingdom, 2016. Paperback. Condition: New. Language: English. Brand new Book. How we eat, farm and shop for food is not only a matter of taste. Our choices regarding what we eat involve every essential aspect of our human nature: the animal, the sensuous, the social, the cultural, the creative, the emotional and the intellectual. Thinking seriously about food requires us to consider our relationship to nature, to our fellow animals, to each other and to ourselves. So can thinking about food teach us about being virtuous, and can what we eat help us to decide how to live? From the author of *The Ego Trick* and *The Pig that Wants to be Eaten* comes a thought-provoking exploration of our values and vices. What can fasting teach us about autonomy? Should we, like Kant, 'dare to know' cheese? Should we take media advice on salt with a pinch of salt? And can food be more virtuous, more inherently good, than art?

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