



# The Omnivore's Dilemma: A Natural History of Four Meals

*Michael Pollan*

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**The Omnivore's Dilemma: A Natural History of Four Meals** Michael Pollan  
**One of the *New York Times Book Review's* Ten Best Books of the Year**

**Winner of the James Beard Award**

**Author of #1 *New York Times* Bestsellers *In Defense of Food* and *Food Rules***

Today, buffeted by one food fad after another, America is suffering from what can only be described as a national eating disorder. Will it be fast food tonight, or something organic? Or perhaps something we grew ourselves? The question of what to have for dinner has confronted us since man discovered fire. But as Michael Pollan explains in this revolutionary book, how we answer it now, as the dawn of the twenty-first century, may determine our survival as a species. Packed with profound surprises, *The Omnivore's Dilemma* is changing the way Americans think about the politics, perils, and pleasures of eating.

**"Thoughtful, engrossing ... You're not likely to get a better explanation of exactly where your food comes from."**

*-The New York Times Book Review*

**"An eater's manifesto ... [Pollan's] cause is just, his thinking is clear, and his writing is compelling. Be careful of your dinner!"**

*-The Washington Post*

**"Outstanding... a wide-ranging invitation to think through the moral ramifications of our eating habits."**

*--The New Yorker*

**"If you ever thought 'what's for dinner' was a simple question, you'll change your mind after reading Pollan's searing indictment of today's food industry-and his glimpse of some inspiring alternatives.... I just loved this book so much I didn't want it to end."**

*-The Seattle Times*

Michael Pollan's newest book *Cooked: A Natural History of Transformation*--the story of our most trusted food expert's culinary education--was published by The Penguin Press in April 2013.

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