



Pollan on Food Boxed Set: The Omnivore's Dilemma; In Defense of Food; Cooked

Michael Pollan

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The three groundbreaking books from our most trusted guide to food, now brought together for the first time

In a few short years, Michael Pollan has completely transformed America's understanding of eating. Now, *Pollan on Food* collects the *New York Times*-bestselling author's three masterworks into one memorable package. First, the groundbreaking book that started it all, *The Omnivore's Dilemma*, in which Pollan turns his own omnivorous mind to the seemingly straightforward question of what we should have for dinner. Next, with *In Defense of Food*, Pollan proposes a new (and very old) idea that comes down to seven simple but liberating words: "Eat food. Not too much. Mostly plants." Finally, in *Cooked*, Pollan explores the previously uncharted territory of his own kitchen; showing the enduring power of the four classical elements—fire, water, air, and earth—to transform the stuff of nature into delicious things to eat and drink. *Pollan on Food* is the perfect answer for those looking to unravel the secret to good and healthy eating.

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