



Food Rules: An Eater's Manual

Michael Pollan, Maira Kalman

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Michael Pollan and Maira Kalman come together to create an enhanced *Food Rules* for hardcover, now beautifully illustrated and with even more food wisdom.

Michael Pollan's definitive compendium, *Food Rules*, is here brought to colorful life with the addition of Maira Kalman's beloved illustrations.

This brilliant pairing is rooted in Pollan's and Kalman's shared appreciation for eating's pleasures, and their understanding that eating doesn't have to be so complicated. Written with the clarity, concision, and wit that is Michael Pollan's trademark, this indispensable handbook lays out a set of straightforward, memorable rules for eating wisely. Kalman's paintings remind us that there is delight in learning to eat well.

The hardcover Pollan-Kalman collaboration will be the *Food Rules* edition that families will pass down for posterity, sharing lessons for eating healthfully-and joyfully-for all their lives.

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