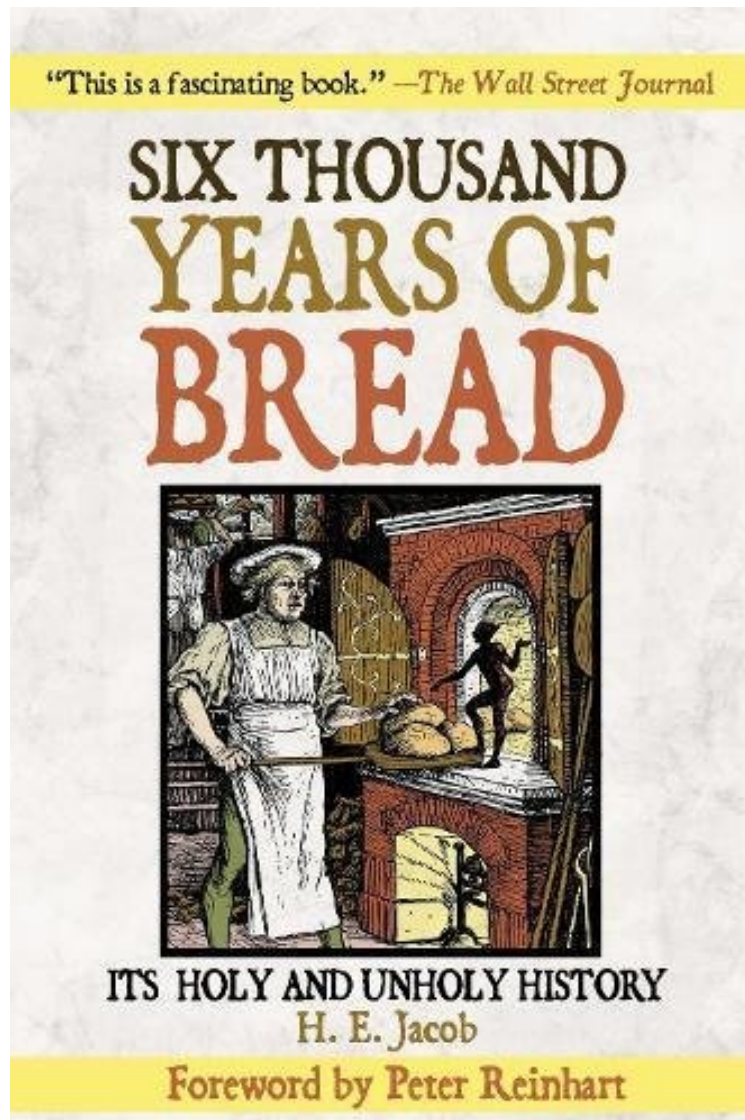


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Six Thousand Years of Bread: Its Holy and Unholy History

H.E. Jacob

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#216543 in Books 2007-11-17Original language:EnglishPDF # 1 9.00 x 5.90 x 6.00l, .85 #File Name:
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H.E. Jacob : Six Thousand Years of Bread: Its Holy and Unholy History before purchasing it in order to gage whether or not it would be worth my time, and all praised Six Thousand Years of Bread: Its Holy and Unholy History:

0 of 0 people found the following review helpful. Five StarsBy Amy JohnsonA wonderful book.0 of 0 people found the following review helpful. Not what I expected but a very interesting read.By Kathryn RThe book looks at human progress through the lens of mankind's essential element: bread. It's a different perspective and far more inclusive than exclusive. Bread - or the lack thereof - started wars and rebellions, encouraged the growth of agriculture and cities, and delivered us to the point that many now view bread and boring and old.Well worth reading.2 of 2 people found the

following review helpful. TastyBy mcgillboltI ate it up! This is an anecdotal memoir-type history, memoir as opposed to autobiography because instead of exhaustive history, one thread--bread--is traced through the centuries.

Give us this day our daily bread. From ancient Egypt to modern times, bread is the essential food, the symbol of fundamental well-being. H.E. Jacob takes readers through the history of this staple, examining its role in politics, religion, and technology, and answering such questions as how bread caused Napoleons defeat. The fascinating voyage begins with The Bread of Prehistoric Man, and continues with an exploration of the plow, the discovery of baking, the Grecian passion for seed corn and reverence for the bread goddess Demeter, the significance of the Bibles many references to bread, and how bread contributed to the outcome of World War I. In a poignant conclusion, Jacob describes his own experiences subsisting on bread made of sawdust in a Nazi concentration camp.

.com Bread's history has frequently been a recipe for disaster. The well-baked loaf--aside from being the main event in one of the major food groups--has caused wars, supernatural visions, festivals, and plagues. H. E. Jacob's celebratory book toasts bread from its earliest beginnings in Egypt, where it was one of the treasures entombed with the dead, to the author's own experiences in a Nazi concentration camp, where a bread made of sawdust kept him alive. The maker of paupers and kings, our daily bread and its evolutions are deliciously described in this illuminating text. Rarely has a book intended for a popular audience displayed evidence of more exhaustive scholarship. . . . The amount of information Mr. Jacob has unearthed that will be new to most readers is simply astonishing. The New York TimesThis is not merely a book about bread as bread, the end result of grass seed ground into flour, but about bread as a signifier of transformation, both personally and historically. Peter Reinhart, from his foreword