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In Defense of Food: An Eater's Manifesto is a 2008 book by journalist and activist Michael Pollan. It was number one on the New York Times Non-Fiction Best Seller

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Author information. MICHAEL POLLAN is the author of six previous books, including "Food Rules," "In Defense of Food," "The Omnivore's Dilemma," and "The Botany of

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Michael Pollan is a contributing writer for "The New York Times Magazine" as well as a contributing editor at "Harper's" magazine. He is the author of two prize

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