

1. Record Nr.	UNINA9910148899603321
Autore	Diaz Cameron <1972->
Titolo	Body Book
Pubbl/distr/stampa	HarperCollins UK
ISBN	0-00-757848-2
Descrizione fisica	: ill
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	<p>Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide that is grounded in science and inspired by personal experience. Cameron Diaz has been a role model for millions of women all over the world throughout her career. But, as she'd be the first to admit, she hasn't always been as health-conscious as she is now. As a young woman, Cameron didn't always think about how the decisions she was making about her diet and lifestyle would impact her health for years to come. But over the past fifteen years, she has discovered that what she eats is inseparably linked to how she feels and looks. That knowledge - that nutrition impacts life - fuelled her hunger to educate herself about the best ways to feed, move, and care for her body. In The Body Book, Cameron shares what she's learned and offers a comprehensive guide for women to look and feel their best. Cameron doesn't offer a one-size-fits-all program or set goals to reach in seven days or thirty days or a year; instead, The Body Book offers a long-term approach to a long, strong, healthy life. Informed by experts and grounded in science, but brought to life by Cameron's passion and personal experiences, The Body Book is an empowering, educational, and inspiring handbook for women everywhere.</p>

2. Record Nr.	UNINA9910790980103321
Titolo	Ethical eating in the postsocialist and socialist world // edited by Yuson Jung, Jakob A. Klein, Melissa L. Caldwell
Pubbl/distr/stampa	Berkeley, California : , : University of California Press, , 2014 ©2014
ISBN	0-520-95814-4
Descrizione fisica	1 online resource (233 p.)
Altri autori (Persone)	JungYuson <1972-> KleinJakob CaldwellMelissa L. <1969->
Disciplina	178
Soggetti	Food - Moral and ethical aspects Food - Social aspects Food consumption - Moral and ethical aspects Food consumption - Social aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Frontmatter -- CONTENTS -- Acknowledgments -- Introduction: Ethical Eating and (Post)socialist Alternatives -- 1. Homogenizing Europe: Raw Milk, Risk Politics, and Moral Economies in Europeanizing Lithuania -- 2. The Moral Significance of Food in Reform-Era Rural China -- 3. Placing Alternative Food Networks: Farmers' Markets in Post-Soviet Vilnius, Lithuania -- 4. Ambivalent Consumers and the Limits of Certification: Organic Foods in Postsocialist Bulgaria -- 5. Connecting with the Countryside? "Alternative" Food Movements with Chinese Characteristics -- 6. Vegetarian Ethics and Politics in Late-Socialist Vietnam -- 7. Agroecology and the Cuban Nation -- 8. Gardening for the State: Cultivating Bionational Citizens in Postsocialist Russia -- Afterword: Ethical Food Systems: Between Suspicion and Hope -- Contributors -- Index
Sommario/riassunto	Current discussions of the ethics around alternative food movements-- concepts such as "local," "organic," and "fair trade"--tend to focus on their growth and significance in advanced capitalist societies. In this

groundbreaking contribution to critical food studies, editors Yuseon Jung, Jakob A. Klein, and Melissa L. Caldwell explore what constitutes "ethical food" and "ethical eating" in socialist and formerly socialist societies. With essays by anthropologists, sociologists, and geographers, this politically nuanced volume offers insight into the origins of alternative food movements and their place in today's global economy. Collectively, the essays cover discourses on food and morality; the material and social practices surrounding production, trade, and consumption; and the political and economic power of social movements in Bulgaria, China, Cuba, Lithuania, Russia, and Vietnam. Scholars and students will gain important historical and anthropological perspective on how the dynamics of state-market-citizen relations continue to shape the ethical and moral frameworks guiding food practices around the world.
