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Sommario/riassunto	Understanding hunger is the key to understanding ourselves. While they seem the most obvious things about us, our hungers are also deeply mysterious, arising out of, and casting light on, the unique character of human consciousness. In humans, physiological need is transformed into a multitude of needs that are remote from organic necessity. Even first-level biological hunger is experienced differently in humans; and little in human feeding behaviour has any parallel in the animal kingdom. In this book, Ray Tallis takes us through the different levels of our hunger. Out of our primary appetites