

## Jamie S Comfort Food

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with contributions by barbara banks sheila bock susan eleuterio jillian gould phillis humphries michael owen jones alicia kristen william g lockwood yvonne r lockwood lucy m long luanne roth rachel h saltzman charlene smith annie tucker and diane tye comfort food explores this concept with examples taken from atlantic canadians indonesians the english in britain and various ethnic regional and religious populations as well as rural and urban residents in the united states this volume includes studies of particular edibles and the ways in which they comfort or in some instances cause discomfort the contributors focus on items ranging from bologna to chocolate including sweet and savory puddings fried bread with an egg in the center dairy products fried rice cafeteria fare sugary fried dough soul food and others several essays consider comfort food in the context of cookbooks films blogs literature marketing and tourism of course what heartens

one person might put off another so the collection also includes takes on victuals that prove problematic all this fare is then related to identity family community nationality ethnicity class sense of place tradition stress health discomfort guilt betrayal and loss contributing to and deepening our understanding of comfort food this book offers a foundation for further appreciation of comfort food as a subject of study the comfort food is relevant to a number of disciplines most obviously food studies folkloristics and anthropology but also american studies cultural studies global and international studies tourism marketing and public health

los angeles magazine is a regional magazine of national stature our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define southern california started in the spring of 1961 los angeles magazine has been addressing the needs and interests of our region for 48 years the magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely southern californian

in this new era of personal health maintenance dr yolanda s s o u l food therapy how savory organic unprocessed living food saves lives sets itself apart as an effective personal health and wellness guide that is ideal for today s busy professional stay at home parent or college or graduate student or fill in the blank with your situation the content is comprehensive yet easy to understand well substantiated by references that are relevant credible and current full of practical advice and easy recipes and inspirational and offers evidence based process steps dr yolanda is a passionate physician and health and wellness coach who inspires all by her knowledge and personal example for many years she has conducted research and trained at higher institutions with the sole purpose of setting herself apart as a subject expert in areas of obesity management child development and nuances of adult learning through her extensive work and travel she has released life changing health information to her local and global communities and has been faithful in delivering her wellness message to organizations associations and faith based communities and has combined her years of clinical experience and training to produce this book which is a blueprint for a healthier you if you desire to live your best life by embracing and maximizing your vitality through wholesome nutrition and practical tips then purchasing this book is your first step in the process toward this goal

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feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define southern california started in the spring of 1961 los angeles magazine has been addressing the needs and interests of our region for 48 years the magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely southern californian

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