



Diet for a Small Planet: The Book That Started a Revolution in the Way Americans Eat

By Frances Moore Lappe

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With the new emphasis on environmentalism in the 1990's, Lappe stresses how her philosophy remains valid, and how food remains the central issue through which to understand world politics.

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- Sales Rank: #224585 in Books
- Published on: 1991-08-27
- Released on: 1991-08-27
- Original language: English
- Number of items: 1
- Dimensions: 8.30" h x 1.10" w x 5.30" l, .87 pounds
- Binding: Paperback
- 479 pages

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