

WHAT WE EAT WHEN WE EAT ALONE

Gregory Riggsbee

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Why Eating Alone May Be Bad for You | Time

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Why do we eat alone? | Discover Society

The authors reveal the truth about what they eat when no one is watching. That, and recipes.

What We Eat When We Eat Alone « Deborah Madison

"I am hooked on this book. It confirms once again that we humans are endlessly confounding and entertaining creatures. Deborah and her husband, artist.

NPR Choice page

"Eating alone has not only hugely changed how and what we eat but also how we talk to ourselves about eating," says Bee Wilson, the author.

Food Inspiration - Why we eat alone

Start by marking "What We Eat When We Eat Alone: Stories and Recipes" as Want to Read: Renowned vegetarian cookbook author Deborah Madison set out to learn what people chew on when there isn't anyone else around. While I must say I do prefer her cook books, this little gem.

Additionally, two-thirds said they'd prefer to eat dinner in their pajamas. In her recent book, *What We Eat When We Eat Alone*, Madison spoke.

Yet a large number of meals are taken solo in contemporary Western societies. If eating together is so important, why don't we do it more often?

Eating alone has become less of an occasional exercise than a fact of life. People are also eating alone because they're pressed for time.

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The problem is not with the people that choose to eat alone, the problem is with those that do not have that choice. When a woman would finally talk about how she loved to use her solo meals as a time to experiment, or that she set the table, poured a glass of wine and enjoyed that time, I just wanted to jump up and down with joy.

In essence it's a book that offers a snapshot into a part of life we don't typically see. Otherwise known by its original South Korean name of mukbang, the phenomenon has become a source of fascination for Wilson. Rather than anaesthetising the experience of eating alone with screens, Wilson believes we should be celebrating it.

I appreciated the like feeling they had for it not only being okay to dine alone, but also that some people, probably more of them women, eating alone is a luxurious respite from the demands of making supper. Notify me of new posts by email.