



Stuffed and Starved (PM Audio)

Raj Patel

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Ranging from colossal Californian supermarkets to wrecked Indian paddy fields and bankrupt African coffee farms, this audio edition of the bestselling book scrutinizes the global food network. With a combination of hard-hitting investigative journalism and personable storytelling, several questions are explored, such as *How can starving people also be obese? Why does everything have soy in it? and How do petrochemicals and biofuels control the price of food?* Shocking evidence points to an epidemic of farmer suicides in famine-stricken Asia and Africa, yet there is great cause for hope as international resistance movements work to create a more democratic, sustainable, and joyful food system. Going beyond ethical consumerism, the study explains the steps, from seed to store to plate, to regain control of the global food economy, stop the exploitation of both farmers and consumers, and rebalance global sustenance.

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