



I Eat, Therefore I Think: Food and Philosophy

Raymond D. Boisvert

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I Eat, Therefore I Think breaks new ground by introducing philosophy via an activity central to life: eating. Building on the original meaning of philosophy as love of wisdom, it explains how the search for wisdom can best succeed by addressing not just the mind, but the entire human being. Eating, an activity that integrates physiological, social, religious, cultural, ethical, and aesthetic dimensions, offers an opportunity to re-think fundamental questions. The result: surprising and novel ways to approach art, religion, knowledge, ethics, and even democracy. The book outlines a new philosophy for our time. As such, it will be of interest to people curious about the topic of food, to those interested in learning about philosophy, and to those who seek new ideas as guides for living meaningful lives in an intelligible world.

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