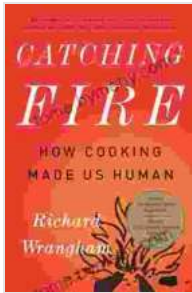


Catching Fire: How Cooking Made Us Human



Catching Fire: How Cooking Made Us Human

by Charlotte Long

★★★★☆ 4.5 out of 5

Language : English
File size : 408 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 322 pages



By Richard Wrangham

A sweeping history of cooking, from its origins in the Stone Age to its role in modern society, *Catching Fire* reveals how cooking has shaped our culture, our biology, and our very evolution.

Richard Wrangham argues that cooking is not simply a way to make food more palatable or nutritious. It is a transformative process that has had a profound impact on our species. By cooking our food, we have been able to extract more energy and nutrients from it, which has allowed us to grow larger brains and develop more complex social structures. Cooking has also helped to reduce our risk of disease and injury, and it has played a key role in the development of human culture.

Wrangham's book is a fascinating and thought-provoking exploration of the many ways that cooking has shaped our world. He draws on a wide range of evidence, from archaeology to anthropology to physiology, to build a compelling case for the importance of cooking in human evolution.

Catching Fire is a must-read for anyone who is interested in the history of food, the evolution of our species, or the role of culture in human society.

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- The Energetics of Cooking
- The Nutritional Benefits of Cooking
- The Social Benefits of Cooking
- The Cultural Benefits of Cooking
- The Future of Cooking

Reviews

"Wrangham's book is a fascinating and thought-provoking exploration of the many ways that cooking has shaped our world. He draws on a wide range of evidence, from archaeology to anthropology to physiology, to build a compelling case for the importance of cooking in human evolution." - *The New York Times*

"A sweeping and ambitious work that will change the way we think about cooking. Wrangham argues that cooking is not simply a way to make food

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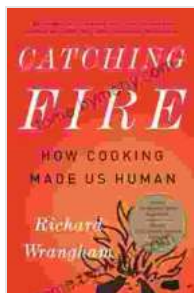
About the Author

Richard Wrangham is a professor of biological anthropology at Harvard University. He is the author of several books, including *Demons in Eden: The Truth About Human Nature* and *The Goodness Paradox: The Strange Relationship Between Virtue and Violence in Human Evolution*.

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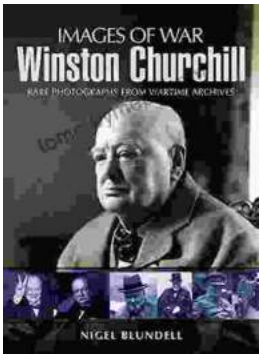
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