



# Food for Life

*L. Shannon Jung*

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## **Food for Life** L. Shannon Jung

Food for Life draws on L. Shannon Jung's gifts as theologian, ethicist, pastor, and eater extraordinaire. In this deeply thoughtful but very lively book, he encourages us to see our humdrum habits of eating and drinking as a spiritual practice that can renew and transform us and our world. In a fascinating sequence that takes us from the personal to the global, Jung establishes the religious meaning of eating and shows how it dictates a healthy order of eating. He exposes Christians' complicity in the face of widespread eating disorders we experience personally, culturally, and globally, and he argues that these disorders can be reversed through faith, Christian practices, attention to habitual activities like cooking and gardening, the church's ministry, and transforming our cultural policies about food.

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