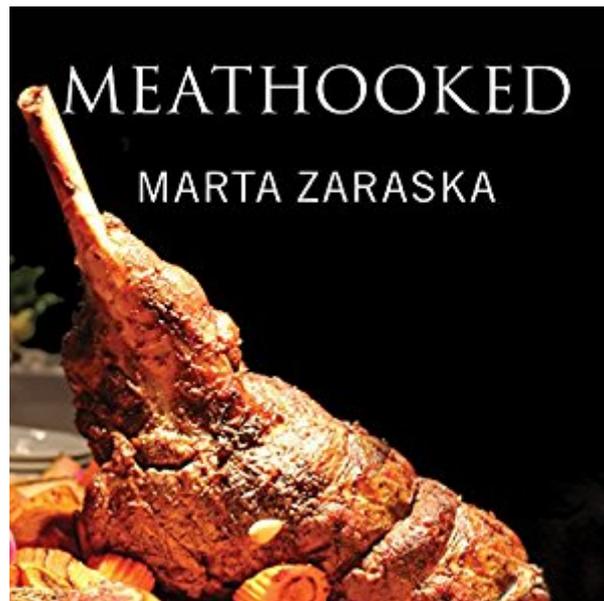


The book was found

# Meathooked: The History And Science Of Our 2.5-Million-Year Obsession With Meat



## Synopsis

One of the great science and health revelations of our time is the danger posed by meat-eating. Every day, it seems, we are warned about the harm producing and consuming meat can do to the environment and our bodies. Many of us have tried to limit how much meat we consume, and many of us have tried to give it up altogether. But it is not easy to resist the smoky, cured, barbecued, and fried delights that tempt us. What makes us crave animal protein, and what makes it so hard to give up? And if consuming meat is truly unhealthy for human beings, why didn't evolution turn us all into vegetarians in the first place? In *Meathooked*, science writer Marta Zaraska explores what she calls the "meat puzzle": our love of meat, despite its harmful effects. Zaraska takes us on a witty tour of meat cultures around the world, stopping in India's unusual steakhouses, animal sacrifices at temples in Benin, and labs in the Netherlands that grow meat in petri dishes. From the power of evolution to the influence of the meat lobby, and from our genetic makeup to the traditions of our foremothers, she reveals the interplay of forces that keep us hooked on animal protein.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 24 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: May 17, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01F9LW2U0

Best Sellers Rank: #160 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home >

Cooking #229 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Meat & Game >

Meats #321 in Books > Science & Math > Nature & Ecology > Natural History

## Customer Reviews

*Meathooked* by journalist and science writer Marta Zaraska is subtitled "The History and Science of our 2.5 Million Year Obsession with Meat," which clearly indicates her focus in this book. She begins by saying that the book is not about the health hazards of eating meat or the mistreatment of animals raised for consumption, but rather about what drives people to eat meat, what she calls "hooks." Ms. Zaraska traces the history of meat consumption from its origins over two million

years ago when only bacteria and other microorganisms existed. The first primates began eating meat in large part because of climate change. As the supply of natural fruits, nuts and vegetables diminished they turned to animals for nourishment. A number of social advantages developed. For example, when a large animal was killed it was shared with the community and the hunters were admired for their bravery. After all, killing a sabre-tooth tiger requires more courage than pulling up a carrot! The idea that we need a lot of protein is a myth. The actual need is .8 grams per kg. of body weight per day, a figure that is easily obtained in developed countries. Other factors that incline humans to eat meat are the Maillard Reaction (the aroma of cooked meat); fat which makes meat more tasty and umami (a savory taste). In the U.S. the meat industry also has a strong lobby compared to proponents of fruits and vegetables. Meat is seen as making you strong. A "vegetable" is someone who is basically inert and a "couch potato" is a lazy person. The U.S. government also subsidizes the production of meat. Commercials for meat products never show live animals because the industry does not want people to realize that meat comes from living things. A lot of eating is culturally driven.

[Download to continue reading...](#)

Meathooked: The History and Science of Our 2.5-Million-Year Obsession with Meat  
Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It  
The Great Meat Cookbook: Everything You Need to Know to Buy and Cook Today's Meat  
Crafted Meat: The New Meat Culture: Craft and Recipes  
The Million Dollar Shot (new cover) (Million Dollar Series)  
The Million Dollar Goal (Million Dollar Series)  
Inheritance: How Our Genes Change Our Lives--and Our Lives Change Our Genes  
The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health  
Flotsametrics and the Floating World: How One Man's Obsession Revolutionized Ocean Science  
The Mummy Congress: Science, Obsession, & the Everlasting Dead  
This Is Your Brain on Music: The Science of a Human Obsession  
Hawaii Cooks with Spam: Local Recipes Featuring Our Favorite Canned Meat  
Last Ape Standing: The Seven Million-Year Story of How and Why We Survived  
The Machine That Changed the World : Based on the Massachusetts Institute of Technology 5-Million-Dollar 5-Year Study on the Future of the Automobile  
Million Dollar Tango: A History of Obsession  
History: History of Money: Financial History: From Barter to "Bitcoin" - An Overview of Our: Economic History, Monetary System, & Currency Crisis (Digital ... Federal Reserve, Currency Crisis Book 1)  
Pornified: How Pornography Is Transforming Our Lives, Our Relationships, and Our Families  
Living as United Methodist Christians: Our Story, Our Beliefs, Our Lives  
GlobalChurch: Reshaping Our Conversations, Renewing Our Mission, Revitalizing Our Churches

