

Book Info

Title: *Food for Thought Vol. I*

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Author: Jerry Fabyanic

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About the Book - *Food for Thought: Essays on Mind and Spirit* is a smorgasbord of essays that remind us to think and laugh, reflect and wonder, and rediscover the forgotten self. The broad range of topics—from the pitfalls of modern life to magical moments and from narcissism to ice cream slices—is both an intellectual feast and a thought-provoking romp through the human condition. Both finger food for the mind and a feast for discussion with others, it is a thoroughly delightful read that just might make the reader want another helping.