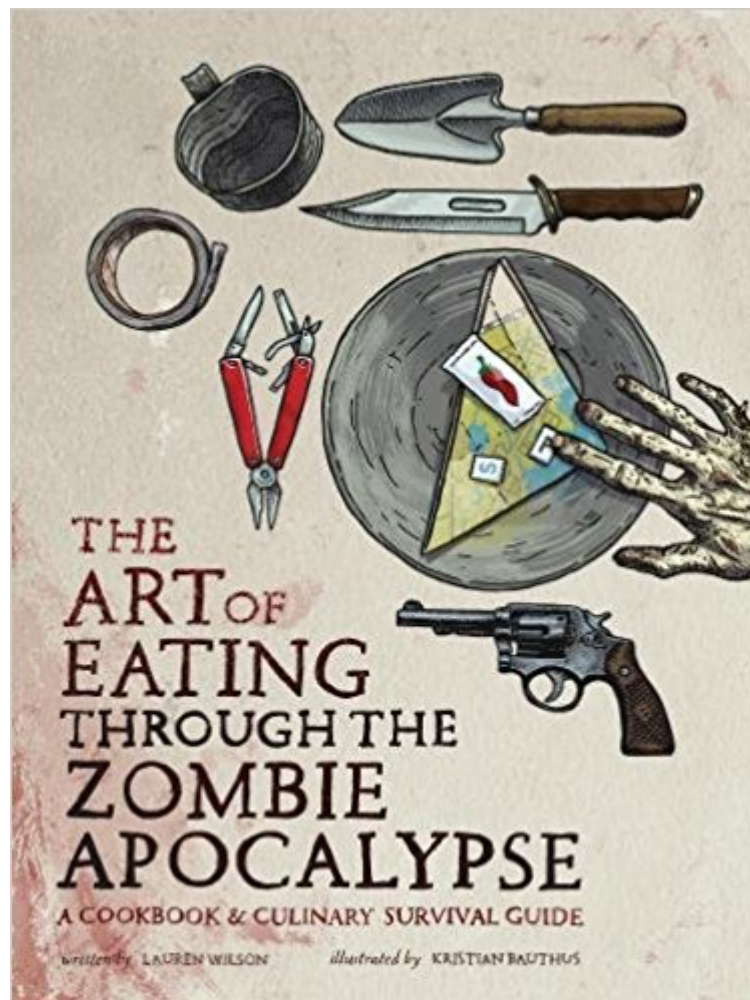




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# The Art Of Eating Through The Zombie Apocalypse: A Cookbook And Culinary Survival Guide



## Synopsis

Just because the undead's taste buds are atrophying doesn't mean yours have to! You duck into the safest-looking abandoned house you can find and hold your breath as you listen for the approaching zombie horde you've been running from all day. You hear a gurgling sound. Is it the undead? No, it's your stomach. When the zombie apocalypse tears down life and society as we know it, it will mean no more take out, no more brightly lit, immaculately organized aisles of food just waiting to be plucked effortlessly off the shelves. No more trips down to the local farmers' market. No more microwaved meals in front of the TV or intimate dinner parties. No, when the undead rise, eating will be hard, and doing it successfully will become an art. *The Art of Eating through the Zombie Apocalypse* is a cookbook and culinary field guide for the busy zombie survivor. With more than 80 recipes (from Overnight of the Living Dead French Toast and It's Not Easy Growing Greens Salad to Down & Out Sauerkraut, Honey & Blackberry Mead, and Twinkie Trifle), scads of gastronomic survival tips, and dozens of diagrams and illustrations that help you scavenge, forage, and improvise your way to an artful post-apocalypse meal. *The Art of Eating* is the ideal handbook for efficient food sourcing and inventive meal preparation in the event of an undead uprising. Whether you decide to hole up in your own home or bug out into the wilderness, whether you prefer to scavenge the dregs of society or try your hand at apocalyptic agriculture, and regardless of your level of skill or preparation, *The Art of Eating* will help you navigate the wasteland and make the most of what you eat.

## Book Information

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## Customer Reviews

A beautiful, cock-eyed culinary concoction&#151;truly sui generis in its conceit&#151;and wickedly delicious in the scope of its recipes. Who knew? Flesh-eating zombies and haute cuisine-eating foodies collide in this trippy, rustic cookbook chock full of inside dish on both the walking dead and the post apocalyptic larder. This one gets FIVE SEVERED HEADS (OF LETTUCE)!&#151;Jay Bonansinga, New York Times bestselling author of *The Walking Dead: Descent, Frozen, and The Sinking of the Eastland*If you're seeking an indispensable guide to surviving the zombie apocalypse without losing your lunch, look no further than the pages of this clever and spirited cookbook. All of your queries (large and bite-sized) are surely answered within, whether you plan to subsist on foraged edibles, hand-harvested seaweed, or the bounty of a rooftop farm. Get ready to soak up the genuinely useful tips and salivate over the trove of recipes. Impending doom never sounded so appetizing.&#151;Sarah Huck, author of *Campfire Cookery: Adventuresome Recipes and Other Curiosities for the Great Outdoors*The Art of Eating Through the Zombie Apocalypse is the most comprehensive guide to eating&#151;and eating well&#151;during an outbreak of the undead ever to be written. From fine cuisine to edible insects, Ms. Wilson's knowledge is unmatched, and her work shows a deep understanding of the qualities and practices necessary for survival against the undead. In conclusion, I want Lauren Wilson on my zombie survival team! (Or, failing that, someone who has read her book . . .)&#151;Scott Kenemore, author of *The Zen of Zombie and Zombie, Ohio*For too long, those writing about zombies have obsessed about the living dead eating human flesh. What about what humans will eat when the undead roam the earth? Lauren Wilson has finally answered all of your culinary questions. An essential read for anyone who wants to not only survive the zombie apocalypse, but thrive!&#151;Daniel W. Drezner, author of *Theories of International Politics and Zombies*Much more than just a cookbook, *The Art of Eating Through the Zombie Apocalypse* is an essential survival manual for every serious doomsday prepper. Eschewing ubiquitous chapters on hand-to-hand combat and gun safety, Lauren Wilson's apocalyptic guidebook instead focuses on what would really matter for survival&#151;for who wants to exist in a world populated with zombies if there's nothing good to eat (besides humans, of course)?&#151;Kyle William Bishop, author of *American Zombie Gothic*Who knew that my lifelong love of the undead would yield access to some damn good recipes? Thanks to this book, should the zombie apocalypse ever happen at least I'll be well nourished and happy.&#151;Steven C. Schlozman, MD, assistant professor, Harvard Medical School, author of *The Zombie Autopsies*There are many reasons people find it stimulating or amusing to contemplate the impending zombie apocalypse: they like to imagine themselves being a good deal more heroic and/or violent than their current situations allow, they desire the end of current social/economic

arrangements, or they hope for a better world following the demise of this one. A book such as this revels in a related scenario—to picture oneself living in comfort and even luxury amidst all the destruction and chaos . . . If such a reverie appeals to you, you'll thoroughly enjoy this book.

Dr. Kim Paffenroth, author of *Gospel of the Living Dead* Here's a thorough exposition of all the skills and practices anyone who wants to live through the collapse of civilization needs to know. The author covers all aspects of survival technology in depth and with clarity, and there's even a smattering of edible wild plants.

Wildman Steve Brill, author of *Identifying and Harvesting Wild and Medicinal Plants in Wild (and Not So Wild) Places* A disturbingly delicious and mouth-watering collection of truly apocalyptic recipes. Who thought the end of the world could be this yummy? Go on . . . take a bite!

Jonathan Maberry, New York Times bestselling author of *Rot & Ruin* and *Fall of the Night*

Lauren was infected with a rare strain of undead enthusiasm over a decade ago while fighting off the zombie menace of Raccoon City in the original Resident Evil. From video games to comic books, zombie walks to online communities, there are few corners of the culture she has not explored. And she's got a decent zed t-shirt collection, to boot. When not nerding out about zombies, space, or Adventure Time, Lauren works in the world of food as a professional cook and writer. Since completing her culinary training at Toronto's George Brown Chef School in 2008 she has done a variety of work—from restaurant cooking to cheesemongering, online sales to catering, teaching cooking classes to writing for print and online media. She completed research and course development work at George Brown examining the career motivations, ambitions, and expectations of students with the aim of better understanding low female representation at the executive level of professional kitchens. After eating up all the good bits of Toronto, Lauren followed a trail of crumbs to Brooklyn, where she is cooking, eating, writing, and teaching happily.

This is fantastic!! I got it for a friends zombie bug out bag Christmas gift and now I want to keep it for myself. The writing is witty and funny all while providing great practical information. Then illustrations are done very well and are easy to follow. I love how the lay out starts are the beginning when food and supply are plentiful and ends with survival for the "long haul". Will be purchasing another one.

A big hit with the Zombie crowd and pleasing to gardeners and chef. What great ideas to teach the novice cook and promote your own garden. The survival skills were practical and helpful to prepre

for these pesty disaster preparedness. Written with humor and beautiful illustrations, this book was a big HIT with the young, "I hate everything" types on your shopping list.

Purchased this a few months back on for my guy friend, he absolutely loves it, calls it his survival bible. It goes into detail on subjects such as fire starting, traps, foraging for food and places to wait it out. Overall a very nice and well illustrated book that I'd definitely recommend for anyone that's into zombies, or survival guides.

It was a great read with a lot of ideas that can be used no matter what kind of apocalypse you happen to be in. I recommend this book highly.

I love it. And I have zero interest in living off the grid or survivalism. I love that it's written as if the zombie apocalypse is possibly happening next week. I don't plan on eating crickets or making my own stove, but I'm kind of happy I could if I wanted to.

This book is a perfect blend of humor, useful tips and tricks, zombie "stuff", and, of course, recipes. This book is unique and funny while also being informative in survival techniques. The author uses a playful and funny tone and combines it with truly amazing illustrations! It's perfect for people that love zombies, Apocalypse-planning, or just cooking. I have only tried one recipe and it turned out amazingly (despite my limited skills). Can't recommend this book highly enough.

Interesting book. I will add to my prepper library.

I got this for my bf who is obsessed with zombies. He loves it. The survivalist tips, such as creating an outdoor oven or planting vegetables, are well researched and make sense (my bf was an Eagle Scout so he knows a bit about this stuff) and the recipes look good. What started as a bit of a joke gift is actually interesting and useful reading.

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