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# 52 LOAVES



One Man's Relentless  
Pursuit of Truth, Meaning,  
and a Perfect Crust

**WILLIAM ALEXANDER**

author of *THE 564 TOMATO*

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## 52 Loaves: One Man's Relentless Pursuit of Truth, Meaning, and a Perfect Crust

William Alexander

William Alexander is set to bake the suitable loaf of bread. He tasted it lengthy ago, in a restaurant, and has been attempting to reproduce it ever since. with no success. Now, at the concept that perform makes perfect, he units out to bake peasant bread per week till he will get it right. He bakes his loaf from scratch. and since Alexander is not anything if no longer thorough, he fairly capacity from scratch: growing, harvesting, winnowing, threshing, and milling his personal wheat. An unique tackle the six-thousand-year-old staple of life, fifty two Loaves explores the character of obsession, the meditative caliber of ritual, the futility of attempting to re-create anything perfect, our deep connection to the earth, and the mysterious intuition that makes we all reply to the aroma of baking bread.

An obsessive man is taking over bread-baking, hoping to discover the best loaf of bread. What are you able to anticipate of his event into break-making if he weighs the water in addition to the espresso each MORNING sooner than brewing it? He used to be now not too disenchanted while he deleted a massive dossier at paintings from his computer, pressured street symptoms and forgot his wife's birthday. However, whilst he forgot so as to add salt to the bread mixture, he instantly had his reminiscence loss and confusion evaluated. He felt awkward to go 52 Loaves: One Man's Relentless Pursuit of Truth, Meaning, and a Perfect Crust to his average neurologist! He attempts out his personal school contributors in a psychology division of a college instead. When i began out with the book, my fast proposal was once excellent 52 Loaves: One Man's Relentless Pursuit of Truth, Meaning, and a Perfect Crust loaf of bread is person who is coming scorching out 52 Loaves: One Man's Relentless Pursuit of Truth, Meaning, and a Perfect Crust of the oven, wear a 52 Loaves: One Man's Relentless Pursuit of Truth, Meaning, and a Perfect Crust desk with jams and different condiments, with a number of bottles of excellent wine, stable corporation and strong tales to share. it's not relevant if it was once perfect. it really is sizzling and edible, and the friendships round the desk is there, it will likely be an ideal loaf of bread. it is going to not just feed the soul, but 52 Loaves: One Man's Relentless Pursuit of Truth, Meaning, and a Perfect Crust in addition the guts and mind. Eating, to me, isn't really approximately perfection, it's approximately sharing and making strong memories.(view spoiler)[Well, yes, that was once real indeed, in keeping with our nerdy bread-baker-cum-author. His psychologist who grew to become filthy rich doing industry learn had an attractive thought at the back of this. "Rapaille writes, if you ask 52 Loaves: One Man's Relentless Pursuit of Truth, Meaning, and a Perfect Crust humans what they wish in a 52 Loaves: One Man's Relentless Pursuit of Truth, Meaning, and a Perfect Crust car, they are going to rattle off functional such things as gas efficiency, comfort, and safety. yet that is the mind cortex speaking, and the cortex does not purchase the car. The mind stem does. Ask humans approximately their fondest thoughts of a vehicle whilst their defend is down, and you may much more likely pay attention approximately intercourse within the back-seat or freedom of the line or that 52 Loaves: One Man's Relentless Pursuit of Truth, Meaning, and a Perfect Crust kin journey to Grandma's. faucet into those primitive, unconscious feelings--the reptilian brain, Rapaille calls it--and you are going to promote the car." "What is it approximately bread?"



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