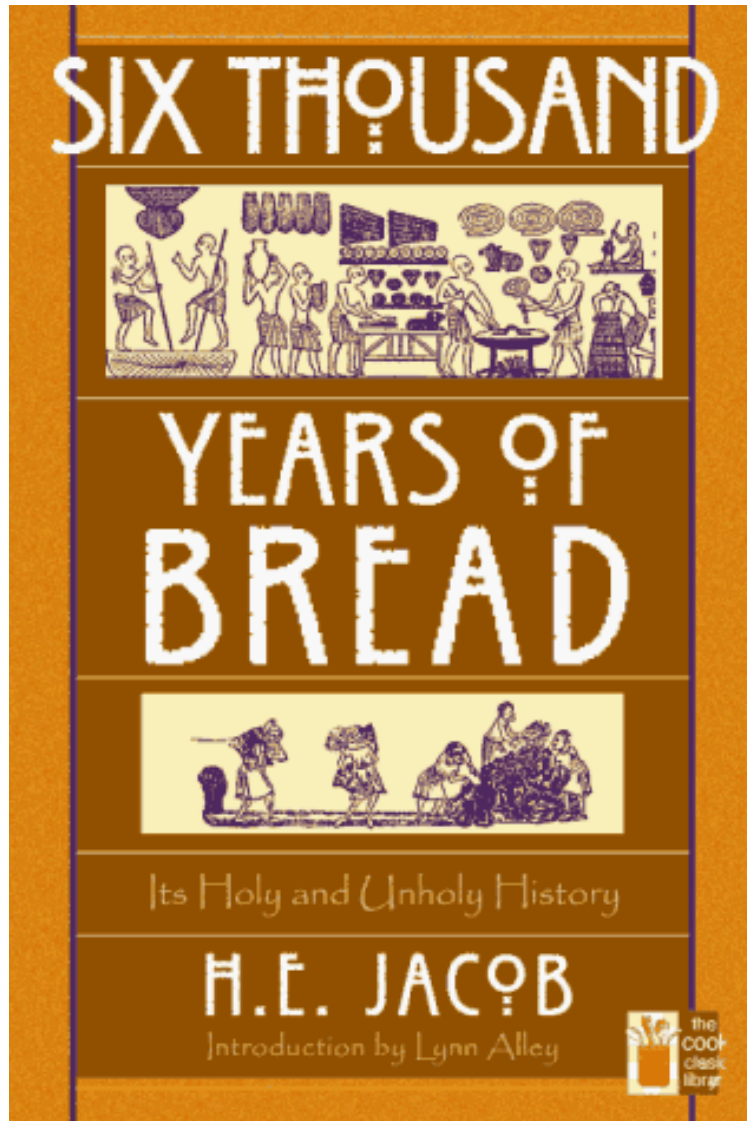


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## Six Thousand Years of Bread: Its Holy and Unholy History (Cooks Classic Library)

*H. E. Jacob*

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**H. E. Jacob : Six Thousand Years of Bread: Its Holy and Unholy History (Cooks Classic Library)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Six Thousand Years of Bread: Its Holy and Unholy History (Cooks Classic Library):

Yeast, water, flour, and heat. How could this simple mixture have been the cause of war and plague, celebration and victory, supernatural vision and more? In this remarkable and all-encompassing volume, H.E. Jacob takes us through 6,000 dynamic years of bread's role in politics, religion, technology, and beyond. Who were the first bakers? Why were bakers distrusted during the Middle Ages? How did bread cause Napoleon's defeat? Why were people buried with bread? "Six Thousand Years of Bread" has the answers. Jacob follows the story from its beginning in ancient Egypt and continues through to modern times. The poignant and inspiring conclusion of the book relays the author's experiences in a Nazi concentration camp, subsisting on bread made of sawdust.