



Date : 23/01/2020

Pages : 460

Format cm : 10 x 17

Prix : 10.5

EAN : 9782757882962

## Nourishment

A Philosophy of the Political Body

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Publisher : Points

Category : Humanities and Non-Fiction

Genres : Philosophy

Keywords : Patient - Phenomenology - Androids - Sustainable city - Drawing

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A profoundly original philosophical reflection which puts the animal question and ecology at the heart of our existence.

By developing a phenomenology of "living with" (the world, food, others, etc.), Corine Pelluchon unites ecology, a philosophy of existence, and the revival of democracy. She takes the corporeality of the subject and the materiality of existence seriously, as these depend upon our numerous nourishments. Food is the paradigm of this phenomenology of feeling and shows that in our everyday gestures we are already tied to all living things on this planet; we inhabit Earth with other humans and species. Justice is thus defined as the sharing of these nourishments: eating is an action at once ethical, economic, and political.

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