



Hunger: An Unnatural History

Sharman Apt Russell

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Every day, we wake up hungry. Every day, we break our fast. Hunger is both a natural and an unnatural human condition. In *Hunger*, Sharman Apt Russell explores the range of this primal experience. Step by step, Russell takes us through the physiology of hunger, from eighteen hours without food to thirty-six hours to three days to seven days to thirty days. In quiet, elegant prose, she asks a question as big as history and as everyday as skipping lunch: How does hunger work?

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