

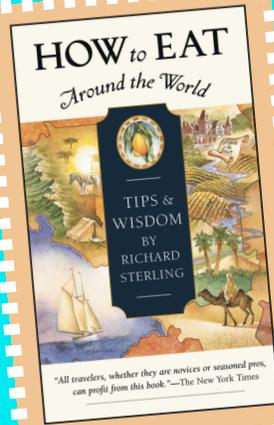
2 0 0 5 N E W R E L E A S E

TRAVELERS' TALES

HOW TO EAT AROUND THE WORLD

TIPS AND WISDOM

By Richard Sterling



“The wide world is shrinking, Fearless One. But there will always be kitchens and markets to explore; through gastronomic travel a whole new dimension of the globe awaits us. Those who know, or would know, the joy of seeing the world food first will find *How to Eat Around the World* their best pocket companion. Bold Epicures will find here the tips and wisdom needed to feast with savages, break bread with kings, and get invited home to dinner.”
—Richard Sterling



The Power of a Good Story

Travelers' Tales publishes the best in travel, humor, and spiritual writing from world-famous authors and emerging writers.

TravelersTales.com

853 Alma Street, Palo Alto, CA 94301
(650) 462-2110

This book deciphers the mysteries of exotic cuisine and gives readers the knowledge and nerve to try almost anything. Richard Sterling's tips and wisdom are both proven and entertaining, and truly cover the globe.

Sterling is known variously as Conan of the Kitchen, the Indiana Jones of Gastronomy, the Man Who Will Eat Anything—Once, and the Fearless Diner. In *How to Eat Around the World*, Richard takes the reader on a gastronomical romp from the high style of European cuisine (Service a la Russe) to eating congealed blood from a wood bowl in the Philippines. Richard truly has tried everything,

and in this book he demystifies exotic cuisine so it becomes more accessible and helps readers understand the varying mores and dining customs of the world's peoples. He explains how differing cuisines have influenced each other, how food, like language, has migrated across continents, and how sharing meals can be the most meaningful and articulate way to engage a culture and share your own experience. Richard helps readers become comfortable with the world's cuisines so they can seek out the exotic or simply feel at ease eating foods that challenge the imagination. The book is additionally seasoned with vignettes from dozens of other travelers.

How To Eat Around the World: Tips and Wisdom
Author: Richard Sterling
ISBN: 1-932361-22-7
Price: \$12.95, 216 pages
Trade Paper
Release Date: June 2005

For additional information or to order review copies, please email:
publicity@travelerstaes.com