



The Fat of the Land

Vilhjálmur Stefánsson

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The Fat of the Land Details

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From Reader Review The Fat of the Land for online ebook

Mari Clayton says

A little bit of the all-meat life, a lot about pemmican

I found this book to be informative about pemmican and its reception by anglos, and I enjoyed reading about the author's time with the Eskimos. Sometimes the book to digital translation was rough and letters like h show as il and dates like May 25th are written as May zsth, so there's a little translation required. I was interested in reading this book to learn more about an all-meat lifestyle and learned some valuable information about the diet and its effects early in the book, but the last half is mostly about pemmican. This book did make me want to make pemmican.

Ian says

The end of the book about pemmican drags on a bit, but the rest is fascinating and makes for a compelling read.

Andrew says

This is a must-read for anyone interested in the "carnivore" or "zero-carb" diet, as it provides in-depth answers to the most common questions and objections. There is an extensive discussion of pemmican which I found rather dull, but if you're interested in the history and potential of pemmican as a light, portable, and nourishing food for hiking and the like, you'll likely find it more engaging.
