



## Feed the Beast: Cooking for Your Alpha Male (Paperback)

By Tracy Hammond

Lulu.com, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a retro-feminist cookbook that takes a deep dive into social roles, food and sex. Tracy Hammond s irrepressible FEED THE BEAST takes a unique, slightly zany look at how to charm your own personal caveman into submission while still maintaining your sanity. As the wife and personal sidekick of comedian Joe Bartnick, Hammond clearly knows her material well. She s fashioned almost two decades of intimate experience cohabiting with a hairy but lovable Cro-Magnon Man through finesse, food and a refreshingly open-minded attitude Jam-packed with 70 recipes, chockfull of time-saving tips, hints and shortcuts on making luscious, satisfying meals, the easy-to-follow recipes are perfect for everyone, from kitchen newcomers to experienced cooks. FEED THE BEAST is guaranteed to satisfy the Alpha Male in your life, because when he s happy, everyone s happy.

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