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The authors contemplate the origins, architecture and commercial growth of wayside eateries in the US over the past 100 years. Fast Food examines the impact of the automobile on the restaurant business and offers an account of roadside dining. From the #1 New York Times bestselling author of Eat to Live and The End of Diabetes, an unflinching, provocative exploration of how our food is killing us and the ways in which we are unwitting participants in an unprecedented and exploding health crisis. Fast food is far more than just the burgers, fries, and burritos served at chain restaurants; it is also the toxic, human-engineered products found in every grocery store across America. These include: cold breakfast cereals; commercial and preserved (deli) meats and cheeses; sandwich breads and buns; chips, pretzels, and crackers; fried foods; energy bars; and soft drinks. Fast foods have become the primary source of calories in the United States and consequently the most far-reaching and destructive influence on our population. The indisputable truth is that our highly processed diet is the source of a national health crisis that is exploding into a genocide with unseen tragic implications. Heart attacks, strokes, cancer, obesity, ADHD, autism, allergies, and autoimmune diseases all have the same root cause - our addiction to toxic ingredients. New York Times bestselling author, board-certified physician, nutritional researcher, and leading voice in the health field Joel Fuhrman, M.D., explains why

the problem of poor nutrition is deeper, more serious, and more pervasive than anyone imagined. Fast Food Genocide draws on twenty-five years of clinical experience and research to confront our fundamental beliefs about the impact of what we eat. This book identifies issues at the heart of our country's most urgent problems. Fast food kills, but it also perpetuates bigotry and derails the American dream of equal opportunity and happiness for all. It leaves behind a wake of destruction creating millions of medically dependent and sickly people burdened with poor-quality lives. The solution hiding in plain sight — a nutrientdense healthful diet — can save lives and enable humans to reach their intellectual potential and achieve successful and fulfilling lives. Dr. Fuhrman offers a life-changing, scientifically sound approach that can alter American history and perhaps save your life in the process. It makes our lives easier, but it also has been proven to be a terribly unhealthy choice. This collection of essays debates fast food. Readers are given both sides to an assertion, allowing them multiple perspectives and a chance to decide for themselves. Essays include what fast food's impact is on our planet, whether marketing should target children, the impact of requiring caloric labels, and if there are benefits to the globalization of fast food. A NEW YORK TIMES BESTSELLER The jaw-dropping exposé on how America's fast food industry has shaped the landscape of America. This fascinating study reveals how the fast food industry has altered the landscape of America, widened the gap between rich and poor, fueled an epidemic of obesity, and transformed food production throughout the world. Eric Schlosser inspires readers to look beneath the surface of our food system, consider its impact on society and, most of all, think for themselves. This book has changed the way millions of people think about what they eat and helped to launch today's food movement. The book provides a thorough account of the role that food plays in the lives of today's youth, teasing out the many

contradictions of food as a cultural object—fast food portrayed as a necessity for the poor and yet, reviled by upper-middle class parents; fast food restaurants as one of the few spaces that kids can claim and effectively ‘take over’ for several hours each day; food corporations spending millions each year to market their food to kids and to lobby Congress against regulations; schools struggling to deliver healthy food young people will actually eat, and the difficulty of arranging family dinners, which are known to promote family cohesion and stability. -- amazon.com Supersizing Urban America reveals how the US government has been, and remains, a major contributor to America s obesity epidemic. Government policies, targeted food industry advertising, and other factors helped create and reinforce fast food consumption in America s urban communities. Historian Chin Jou uncovers how predominantly African-American neighborhoods went from having no fast food chains to being deluged. She lays bare the federal policies that helped to subsidize the expansion of the fast food industry in America s cities and explains how fast food companies have deliberately and relentlessly marketed to urban, African-American consumers. These developments are a significant factor in why Americans, especially those in urban, low-income, minority communities, have become disproportionately affected by the obesity epidemic." A variety of jobs in the fast food industry are described giving both advantages and disadvantages. The single most influential culinary trend of our time is fast food. It has spawned an industry that has changed eating, the most fundamental of human activities. From the first flipping of burgers in tiny shacks in the western United States to the forging of neon signs that spell out “Pizza Hut” in Cyrillic or Arabic scripts, the fast food industry has exploded into dominance, becoming one of the leading examples of global corporate success. And with this success it has become one of the largest targets of political criticism, blamed for widespread

obesity, cultural erasure, oppressive labor practices, and environmental destruction on massive scales. In this book, expert culinary historian Andrew F. Smith explores why the fast food industry has been so successful and examines the myriad ethical lines it has crossed to become so. As he shows, fast food—plain and simple—devised a perfect retail model, one that works everywhere, providing highly flavored calories with speed, economy, and convenience. But there is no such thing as a free lunch, they say, and the costs with fast food have been enormous: an assault on proper nutrition, a minimum-wage labor standard, and a powerful pressure on farmers and ranchers to deploy some of the worst agricultural practices in history. As Smith shows, we have long known about these problems, and the fast food industry for nearly all of its existence has been beset with scathing exposés, boycotts, protests, and government interventions, which it has sometimes met with real changes but more often with token gestures, blame-passing, and an unrelenting gauntlet of lawyers and lobbyists. Fast Food ultimately looks at food as a business, an examination of the industry's options and those of consumers, and a serious inquiry into what society can do to ameliorate the problems this cheap and tasty product has created. Presents essays that cover varying opinions on fast food, discussing such topics as whether or not it is unhealthy, whether it should be regulated, and how it should be marketed. Quick and easy everyday meals from the pot, pan, wok, grill and oven. Eric Schlosser has visited the state of the art labs where scientists recreate the flavours and smells of everything from cooked chicken to fresh strawberries in the test tube and he has spoken to workers at meatpacking plants with some of the worst safety records in the world. He explores the links between Hollywood and the fast food trade, and the tactics used to target ever younger consumers. In a meticulously researched and powerfully argued account, Fast Food Nation reveals the full price of our appetite for instant

gratification. Easy recipes, fast food, all healthy. Super Food in Minutes is all about real, fast and delicious family food that just so happens to be good for you! Donal's latest book includes 90 delicious recipes, and tips and tricks, for healthy home cooks that will change the way you cook. Using 10 ingredients or fewer, each recipe uses streamlined, quick cooking methods with minimal effort and maximum results that help you make the most of your time spent in the kitchen. There are clear nutritional breakdowns, vegan, vegetarian and paleo options for each recipe, and a clean cook-friendly design. With Super Food in Minutes, you'll have exciting everyday dinners, made with healthy ingredients at their core, on the table in less than 30 minutes. Explores the homogenization of American culture and the impact of the fast food industry on modern-day health, economy, politics, popular culture, entertainment, and food production. "This is a book to savor, especially if you're a fast-food fan."—Bookpage "This fun, argumentative, and frequently surprising pop history of American fast food will thrill and educate food lovers of all speeds." —Publishers Weekly Most any honest person can own up to harboring at least one fast-food guilty pleasure. In Drive-Thru Dreams, Adam Chandler explores the inseparable link between fast food and American life for the past century. The dark underbelly of the industry's largest players has long been scrutinized and gutted, characterized as impersonal, greedy, corporate, and worse. But, in unexpected ways, fast food is also deeply personal and emblematic of a larger than life image of America. With wit and nuance, Chandler reveals the complexities of this industry through heartfelt anecdotes and fascinating trivia as well as interviews with fans, executives, and workers. He traces the industry from its roots in Wichita, where White Castle became the first fast food chain in 1921 and successfully branded the hamburger as the official all-American meal, to a teenager's 2017 plea for a year's supply of Wendy's chicken nuggets, which united the

internet to generate the most viral tweet of all time. Drive-Thru Dreams by Adam Chandler tells an intimate and contemporary story of America—its humble beginning, its innovations and failures, its international charisma, and its regional identities—through its beloved roadside fare. A Pressure Cooker Can Change Your Life Discover how you can make delicious meals in minutes using just one pot. Let Jill, The Veggie Queen, show you how easy and safe it is to make flavorful, healthy plant-based meals with vegetables, grains, beans and other legumes and fruit. With a pressure cooker, you can save time and money, lock in flavor and nutrition, decrease your energy costs and avoid a messy kitchen with only one pot to clean! Jill will show you how you can cut cooking time in half (or more!) compared to conventional stove top cooking. In The New Fast Food, you'll learn how to choose and use a pressure cooker, with timing charts for your favorite plant foods. You'll also find more than 100 recipes for everything from breakfast to dessert. Most of the recipes are gluten-free and all are vegan. The New Fast Food offers fast, colorful and tasty dishes such as: Orange Glazed Broccoli with Carrots and Kale Mashed Maple Winter Squash with Cinnamon Lemony Lentil and Potato Chowder Smoky Sweet Potato and Black Bean Chili Coconut Almond Risotto From the #1 New York Times bestselling author of Eat to Live and The End of Diabetes, an unflinching, provocative exploration of how our food is killing us and the ways in which we are unwitting participants in an unprecedented and exploding health crisis. Fast food is far more than just the burgers, fries, and burritos served at chain restaurants; it is also the toxic, human-engineered products found in every grocery store across America. These include: cold breakfast cereals; commercial and preserved (deli) meats and cheeses; sandwich breads and buns; chips, pretzels, and crackers; fried foods; energy bars; and soft drinks. Fast foods have become the primary source of calories in the United States and consequently the most far-reaching and

destructive influence on our population. The indisputable truth is that our highly processed diet is the source of a national health crisis that is exploding into a genocide with unseen tragic implications. Heart attacks, strokes, cancer, obesity, ADHD, autism, allergies, and autoimmune diseases all have the same root cause - our addiction to toxic ingredients. New York Times bestselling author, board-certified physician, nutritional researcher, and leading voice in the health field Joel Fuhrman, M.D., explains why the problem of poor nutrition is deeper, more serious, and more pervasive than anyone imagined. Fast Food Genocide draws on twenty-five years of clinical experience and research to confront our fundamental beliefs about the impact of what we eat. This book identifies issues at the heart of our country's most urgent problems. Fast food kills, but it also perpetuates bigotry and derails the American dream of equal opportunity and happiness for all. It leaves behind a wake of destruction creating millions of medically dependent and sickly people burdened with poor-quality lives. The solution hiding in plain sight — a nutrientdense healthful diet — can save lives and enable humans to reach their intellectual potential and achieve successful and fulfilling lives. Dr. Fuhrman offers a life-changing, scientifically sound approach that can alter American history and perhaps save your life in the process. A celebrity host of Hell's Kitchen features more than one hundred accessible recipes that are organized in accordance with everyday needs and special occasions, in a volume that places an emphasis on fast preparation and features complementary tips on stocking a pantry. Presents more than one hundred accessible recipes that are organized in accordance with everyday needs and special occasions, in a volume that places an emphasis on fast preparation and features tips on stocking a pantry. Few contemporary societies remain beyond the global reach of today's fast food industry. In both profound and subtle ways, this style of cuisine and the corporate brands that

*promote it have effectively transformed the appetites, health profiles, and consumer sensibilities of millions the world over. To better understand the variegated impact of McDonald's and other national and international quick-service eateries on local life within a non-western urban context, Ty Matejowsky offers readers a highly engaging and granular account detailing the rise and popularity of these American-style chains throughout the Philippines. In *Fast Food Globalization in the Provincial Philippines*, Matejowsky examines the rich, diverse, and decidedly syncretic food traditions of the Philippines, one of the few global markets where industry giant McDonald's lags behind in competition with an indigenous chain. Drawing on over twenty years of ethnographic fieldwork in two provincial Philippine cities—Dagupan City, Pangasinan and San Fernando City, La Union—Matejowsky has crafted one of the few anthropological accounts of fast food production and consumption within the socioeconomic milieu of a less-developed country. By turns critically engaged and highly reflexive, he examines many of the historical, political, economic, and sociocultural complexities that characterize the Philippines' now thriving fast food scene. Amid intersections of post-colonial resistance, retail indigenization, corporatized childhood experiences, and rising "globesity," Matejowsky considers the myriad ways this seemingly ubiquitous dining format is reimaged by industry players and everyday Filipinos to create something that is both intimately familiar and entirely new. Britain's foremost food writer returns with a deliciously simple collection of over 600 ideas for satisfying meals that are quick and easy to get to the table. In this little book of fast food, Nigel Slater presents a wholly enjoyable ode to those times when you just want to eat. Pairing more than 600 ideas for deliciously simple meals with the same elegant prose and delightful photography that captivated fans of *Tender*, *Ripe*, and *Notes from the Larder*, *Eat* is bursting with recipes that are easy to get to the table, oftentimes in*

under an hour: a humble fig and ricotta toast; sizzling chorizo with shallots and potatoes; a one-pan Sunday lunch. From quick meals to comfort food, Nigel Slater has crafted a charming, inspired collection of simple food—done well. Many managers are making a lot of money in fast food. Sooner or later you may find yourself promoted into management, if you aren't already. Regardless, I need to tell you that there are things about managing a fast food restaurant (quick service restaurant) you don't know; however, should know! That's where this book comes in handy. Immediately pick up a copy of this book and read it cover to cover. What you'll discover will astonish you. Imagine learning how to manage people better, immediately gain deep rapport and favor with the people who count, and make more money, at once. I don't know if you want in instruction manual that will hold your hand and give you the vital secrets necessary to prompt you to be one of the 'best' managers, or not. I don't know if you want to discover how to make the type of money only a few managers really know how to make. Does it matter? What really matters is you can make your life a lot easier, your income a lot more plentiful, and your job immensely more fun than it could be doing anything else. Being a fast food manager in the quick service industry may be something you fall in love with after you read this book. You see this is a special book that under promises and over delivers. You'll love how now you finally have the instruction manual to from the bottom of the food chain to the top and almost over night. If you're in fast food (or any management position) grab a copy of this book today and take these secrets to the bank. Tables list calories, exchange values, and the carbohydrate, protein, fat, cholesterol and sodium contents for a variety of fast foods Explores the dangerous physical and mental effects on a person when indulging too often in fast foods. A collection of recipes demonstrates how to transform seventy-five popular fast foods into healthier and more flavorful versions of their originals, in a

resource that explains how fast-food sauces and flavors can be reproduced with common ingredients while providing instructions on how to modify cooking methods in order to reduce fat content. Original. 25,000 first printing. Praise for Fast Food, Fast Track "A fine ethnography with both theoretical and advocative significance, representing the best qualitative sociology." — Choice "Explores the intimate realities and behind-the-scenes exchanges of a multiethnic work force serving the typical American meal. Through a lively narrative and insightful stories, Jennifer Parker Talwar gives a full sense of what it's like to live in both a global economy and a local culture." —Sharon Zukin, author of The Cultures of Cities No longer just pocket money for American teens, wages paid by multinational fast-food chains are going to a new generation of order-takers, burger-flippers, and basket-fryers—newly arrived immigrants hailing from China, the Caribbean, Latin America, and India, a colorful sea of faces has taken its place behind one of the most ubiquitous American business institutions—the fast-food counter. They have become a vital link between the growing service sector in our cities' ethnic enclaves and the multi-billion dollar global fast-food industry. For four years, sociologist Jennifer Parker Talwar went behind the counter herself and listened to immigrant fast-food workers in New York City's ethnic communities. They talked about balancing their low-paying jobs and monotonous daily reality with keeping the faith that these very jobs could be the first step on the path to the American Dream. In this original and compelling work of ethnography, Talwar shows that contrary to those arguing that the fast-food industry only represents an increasing homogenization of the American workforce, fast-food chains in immigrant communities must and do adapt to their surroundings. Chew On This should be on every teenager's essential reading list. Based on Eric Schlosser's bestselling Fast Food Nation, this is the shocking truth about the fast food industry - how it all began, its success,

what fast food actually is, what goes on in the slaughterhouses, meatpacking factories and flavour labs, global advertising, merchandising in UK schools, mass production and the exploitation of young workers in the thousands of fast-food outlets throughout the world. It also takes a look at the effects on the environment and the highly topical issue of obesity. Meticulously researched, lively and informative, with first-hand accounts and quotes from children and young people, Eric Schlosser presents the facts in such a way that allows readers to make up their own minds about the incredible fast food phenomenon. Eric Schlosser is an author and investigative journalist based in New York. His first book, FAST FOOD NATION was a major international bestseller. His work has appeared in 'Atlantic Monthly', 'Rolling Stone' and the Guardian. CHEW ON THIS is his first book for children. WINNER • 2021 PULITZER PRIZE IN HISTORY Winner • 2022 James Beard Foundation Book Award [Writing] The “stunning” (David W. Blight) untold history of how fast food became one of the greatest generators of black wealth in America. Just as The Color of Law provided a vital understanding of redlining and racial segregation, Marcia Chatelain’s Franchise investigates the complex interrelationship between black communities and America’s largest, most popular fast food chain. Taking us from the first McDonald’s drive-in in San Bernardino to the franchise on Florissant Avenue in Ferguson, Missouri, in the summer of 2014, Chatelain shows how fast food is a source of both power—economic and political—and despair for African Americans. As she contends, fast food is, more than ever before, a key battlefield in the fight for racial justice. The master chef applies his skills to simple meals that can be prepared quickly, from instant beef tenderloin stew to pumpkin soup with toasted walnuts, that rely on pantry staples and canned goods. Seminar paper from the year 2015 in the subject Cultural Studies - Miscellaneous, grade: 1,0, Sophia Antipolis Campus (France); SKEMA

Business School, language: English, abstract: By thinking of France, one often automatically considers its famous cuisine. France is one of the countries that is often referred to when considering a country with a rich food culture. French people have always been proud of it. They are known for their sophisticated kitchen, their creativity in pastries as well as fresh fruits, vegetables, herbs and grains grown in the fertile soil of the country. Furthermore, France is well known for its best wines in the world. Internationally, French restaurants have the image of their refined way of cooking with high quality ingredients and also high prices. Food is one of the great passions of the French. A person's diet often reflects the French heritage and social status. At the same time the country still undergoes a fast food boom and was currently identified as the second biggest fast food market in the world only outranked by the United States. The following paper addresses aspects of the French food culture focusing on fast food. Additionally, the French food culture regarding fast food will be compared to the status quo in Germany. Popular toys that have been offered as premiums by "fast food" restaurants, including vehicles and sports items, are presented in this new edition with current values. Over 150 full-page photographs show the groups in alphabetical order by the restaurant names from Arby's, Big Boy, Burger King, Denny's, and Hardee's to McDonald's, Roy Rogers, and Wendy's and many many more. Check-off boxes are here for collectors to keep track of what they have. The clever toys you picked up with lunch or dinner now can be enjoyed again with the help of this book. • More than 700 A-Z entries on fast food, comfort food, and junk food, ranging from breakfast cereals to burgers and fries to snack chips and candy • A chronology of the significant events in the history of junk food and fast food • A bibliography containing more than 200 entries with citations to books, articles, and websites • A glossary of important terms used in the encyclopedia • A Resource

Guide containing important DVDs, films and videos, and television series Delicious, nutritious, quick, and easy recipes from bestselling author Dr. Andrew Weil's own kitchen. These days, fewer people than ever are cooking meals at home. Convincing ourselves that we don't have time to cook, we've forgotten how fast, simple, and wonderfully satisfying it can be to prepare delicious meals in our own kitchens for the people we love. In Fast Food, Good Food, bestselling author Dr. Andrew Weil reminds us, with more than 150 easy-to-prepare recipes for delectable dishes that are irresistibly tasty and good for you. These recipes showcase fresh, high-quality ingredients and hearty flavors, like Buffalo Mozzarella Bruschetta, Five-Spice Winter Squash Soup, Greek Style Kale Salad, Pappardelle with Arugula Walnut Pesto, Pan-Seared Halibut with Green Harissa, Coconut Lemon Bars, and Pomegranate Margaritas. With guidance on following an anti-inflammatory diet and mouth-wateringly gorgeous photographs, Fast Food, Good Food will inspire the inner nutritionist and chef in every reader. Based on data developed through first hand experience, this book is designed to assist restaurateurs and fast food operators by setting out the principles for selecting successful restaurant and fast food locations. Written in four sections - the tools, application, implementation and special considerations - the book also provides an analysis of successful operations and how to apply the results so you can identify good sites and avoid business failure. With her trademark passion, TV star chef Ching-He Huang brings an exciting dimension to Chinese cooking. Confidently fusing Chinese and Western cultures in over 100 quick and easy dishes bursting with flavour, Ching's fresh and healthy take on the Chinese takeaway, without compromising on taste, has revolutionised Chinese cuisine. The beloved personality from The Howard Stern Show celebrates American fast food, exploring the history and secret menu items of both national and regional chains, ranking everything from

burgers and fries to ice and mascots, and offering his own expert tips on where to go and what to order. Jon Hein is the ultimate fast food maniac, and in this book he draws on his extensive knowledge of, and love for, both nationwide chains and regional gems, from McDonald's and KFC to In-N-Out Burger and Carvel. He digs into their origin stories; reveals secret menu items; includes best lists for everything from fried chicken and shakes to connoisseur concerns such as straws and biscuits; takes a nostalgic look back at the best giveaways, slogans, and uniforms; and even provides a battle-tested drive-thru strategy. With behind-the-counter looks at places like the Dunkin' Donuts headquarters and Nathan's original hot dog stand, Fast Food Maniac is the definitive, cross-country guide to some of America's best-loved guilty pleasures. Attending Hamburger University, Robin Leidner observes how McDonald's trains the managers of its fast-food restaurants to standardize every aspect of service and product. Learning how to sell life insurance at a large midwestern firm, she is coached on exactly what to say, how to stand, when to make eye contact, and how to build up Positive Mental Attitude by chanting "I feel happy! I feel terrific!" Leidner's fascinating report from the frontlines of two major American corporations uncovers the methods and consequences of regulating workers' language, looks, attitudes, ideas, and demeanor. Her study reveals the complex and often unexpected results that come with the routinization of service work. Some McDonald's workers resent the constraints of prescribed uniforms and rigid scripts, while others appreciate how routines simplify their jobs and give them psychological protection against unpleasant customers. Combined Insurance goes further than McDonald's in attempting to standardize the workers' very selves, instilling in them adroit maneuvers to overcome customer resistance. The routinization of service work has both poignant and preposterous consequences. It tends to undermine shared understandings about

individuality and social obligations, sharpening the tension between the belief in personal autonomy and the domination of a powerful corporate culture. Richly anecdotal and accessibly written, Leidner's book charts new territory in the sociology of work. With service sector work becoming increasingly important in American business, her timely study is particularly welcome. Indulge your fast food cravings without guilt—with recipes that deliver the same great taste without putting your health at risk or inches on your hips Americans all want to "eat healthy," but when they yearn for the fast foods they love, what they want most are the fabulous flavors that have made them favorites in the first place. That's what makes this collection of recipe makeovers so exceptional. Los Angeles food writer, chef, and caterer Devin Alexander specializes in low-fat, high-flavor, scrumptious cuisine. In Fast Food Fix, she shows the reader how to transform 75 fast food favorites into healthier versions that are even more flavorful than the originals. Fast Food Fix: • demystifies the special seasonings and secret sauces of choice fast foods—showing how to reproduce their flavors quickly and easily from common ingredients • teaches how to lighten many dishes with new cooking techniques, such as the oven-frying method that yields incredibly crunchy popcorn chicken with 35 fewer fat grams than the original version from KFC • reveals simplified cooking methods that save time in the kitchen, proving that "fast food" can still be fast even when prepared at home For Americans hooked on fast food flavors, these recipe makeovers by a chef with an impressive repertoire of culinary tricks will quickly become a kitchen staple.