

# [PDF] Aphrodite: A Memoir Of The Senses

Isabel Allende - pdf download free book

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**Books Details:**

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Author: Isabel Allende  
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**Description:**

There is something about reading suggestive material that awakens the senses--too often ignored in the fray of modern life--and fires the imagination. Perhaps it brings us back to those breathless, palpitating moments from childhood when puberty was a rosy smudge on the horizon and sex was an abstract term. *Aphrodite* is a long, savory, enthralling ode to sensuality.

In this bawdy memoir-cum-cookbook, Allende has put together an apothecary of aphrodisiacs, from snake's blood and rhinoceros horn to the more commonplace and more palatable oysters, "those seductive tears of the sea, which lend themselves to slipping from mouth to mouth like a prolonged

kiss ... can be purchased in bottles, but there they look like malignant tumors; in contrast, moist and turgid in their shells they suggest delicate vulvae--a prime example of food that appeals to the eye." Chapters such as "Alligators and Piranhas"; "Supreme Stimulus for Lechery"; "Bread, God's Grace"; "Forbidden Fruits"; and "The Saucy Way to Foreplay" offer categorical listings on the aphrodisiac qualities of meats, spices, fruits and vegetables, and alcohol. A few chapters into the book, one begins to wonder what foods *aren't* considered erotic: "the shape of the wheat head is considered phallic, which proves human imagination knows no limits." Wine (no surprise there) is recommended because "it lessens inhibitions, relaxes, and fosters joy, three fundamental requirements for good performance, not only in bed but at the piano as well." However, as in many situations, moderation is key: too much and you may find your guest asleep in the soup.

Allende dismisses nouvelle cuisine in favor of earthier foods and more satisfying portions. More than 100 recipes are provided, from sauces and soups to hors d'oeuvres, supplemented with her voluptuous commentary. Recipes such as Mykonos Sauce, with walnuts, pistachios, basil, garlic, and milk; Widower's Figs; Filet Mignon Belle Epoque; and Alicante Cream Soup, with leeks, shrimp, oysters, paprika, and cream will have you in an apron (and perhaps not much else) in no time.

"If cookbooks make up part of your library," Allende notes, "books on eroticism should, too." And what more delightful combination of the two than *Aphrodite*, which provocatively underscores the relationship between sustenance and sexuality, and the aphrodisiac qualities of watching a man cook: "[Women] suppose that if he can remember how many minutes frog legs can tolerate in the skillet, how much greater reason he will have to remember how many tickles our G spot demands." Spiced with litanies of lust and longing from , , and , and enriched with Allende's warm humor and lusty joie de vive, *Aphrodite* will tantalize your senses and engender lascivious grins. Recommended in delicious but moderate doses, this book is not for the faint of ... er, heart. --*Jhana Bach* --This text refers to an out of print or unavailable edition of this title.

**From Publishers Weekly** Sex and food, once celebrated as two of life's great joys, suffer a lot of bad press these days. Genuine epidemics, coupled with monthly findings of new things that are bad for us, have pushed otherwise happy souls into programs of agonizing denial and, in severe instances, abstinence. Thankfully, in this sophisticated defense of pleasure, novelist Allende (*The House of the Spirits*) puts the joy back into eating and loving with all the panache that marks the best of her fiction. Though passionate about her subject, she remains consistently whimsical with this mix of anecdotes, recipes and advice designed to enhance any romantic encounter. As always, her secret weapon is honesty: "Some [aphrodisiacs] have a scientific basis, but most are activated by the imagination." Allende's vivacity and wit are in full bloom as she makes her pronouncements: "There are few virtues a man can possess more erotic than culinary skill"; "When you make an omelet, as when you make love, affection counts for more than technique." Her book is filled with succinct wisdom and big laughs. Despite sections titled "The Orgy" and "Supreme Stimulus for Lechery," Allende comes down emphatically for romance over sex and for ritual over flavor in a work that succeeds in being what it intends to be?fun from the first nibble to the last.

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