

An illustrated cookbook with pictures of Morrissey eating and crying

Defensive Eating with Morrissey

Vegan Recipes from the One You Left Behind by Automne Zingg and Joshua Ploeg

"To dine on these sides is such a heavenly way to dine." —Wes Allison, co-author of *The Taco Cleanse*

Praise for other cookbooks by Joshua Ploeg:

"This awesome recipe compendium is presented in a humorous, self-effacing style that pokes fun at all things punk while simultaneously teaching you how to cook vegan-style." —*Green Action News*

"Gastronomy meets garage in this punk rock recipe book." —*Popazine*

"Highest recommendation possible...this guy's recipes cannot fail to blow your mind. Vegans, take note!" —*Razorcake*

"There's no shame in getting a little creative, cruelty-free cooking help. The instructions are written without pretentiousness, and his combination of flavors are unexpected, even a bit exotic." —*Sacramento News and Review*

"A fresh and exciting approach to vegan cooking." —*Midwest Book Review*

Poor Morrissey. He's just so... so... hungry. And meat is murder, so that narrows his options by a lot. Until now, at least! With the arrival of the *Defensive Eating with Morrissey* cookbook, our dear Moz no longer needs to suffer such terrible hunger, such ruthless indecision, or the emotional impact of a major blood sugar crash at the worst possible moment. These 100+ vegan recipes make enough unbelievably delicious, poetic food for him to eat his fill and have plenty left over for later. Sweetness, he's even saved enough for you.

SUBJECT: Musicians / Vegan Cooking
PUBLICATION: October 11, 2016
PRICE: \$14.95

ISBN: 978-1-62106-203-5
FORMAT: paper over board, 128 pages, 6x6"
CARTON QTY: 48
ART: full color illustrations throughout

Marketing Notes

1. Morrissey, with and without The Smiths, has sold millions of albums. He has been in the news recently for his writing and ill-advised political commentary
2. In the US, one out of ten people have symptoms of depression
3. Illustrator Zingg is the originator of the "goths eating things" online art trend
4. Vegan diets are enjoying a resurgence of popularity

Comparative Titles

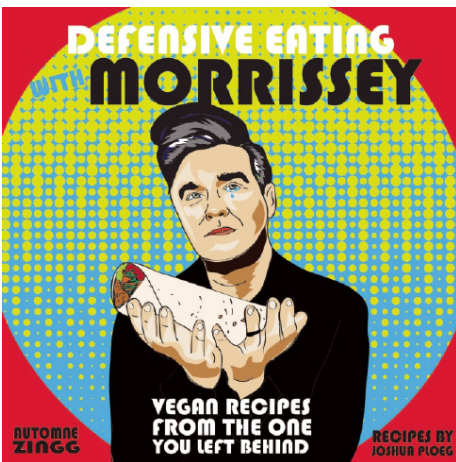
- *Henry & Glenn Forever* Tom Neely 9781934620939 (Microcosm) \$6, 2010 (75,000 sold)
- *Mama Tried* Cecilia Granata 9781621067405 (Microcosm) \$11.95, 2016
- *Taco Cleanse* Wes Allison 9781615192724 (Workman) \$17.95, 2015
- *What the F Should I Make for Dinner?* Zach Golden 9780762441778 (Running Press) \$15, 2011



Automne Zingg is a writer, illustrator, musician, and video artist based in Los Angeles, CA. She uses dark humor and surreal imagery to make critiques about popular culture.



Joshua Ploeg is a founder of the queercore movement & traveling vegan chef. His cookbooks include *This Ain't No Picnic* and *In Search of the Lost Taste*. He is the singer in the band Select Sex.



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Distributed by Legato / Perseus (World) and Turnaround (England)
Direct sales: Microcosm Publishing | 2752 N Williams Ave. | Portland, OR 97227
microcosmpublishing.com | taylor@microcosmpublishing.com | 503-232-3666
Printed in the USA

