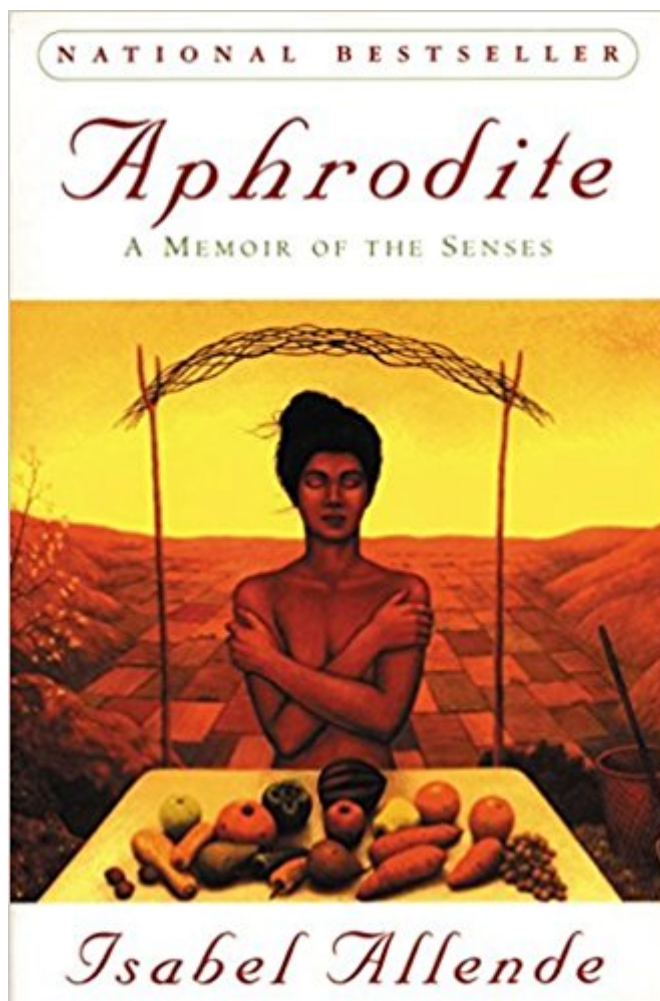


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# Aphrodite: A Memoir Of The Senses



## Synopsis

Under the aegis of the Goddess of Love, Isabel Allende uses her storytelling skills brilliantly in *Aphrodite* to evoke the delights of food and sex. After considerable research and study, she has become an authority on aphrodisiacs, which include everything from food and drink to stories and, of course, love. Readers will find here recipes from Allende's mother, poems, stories from ancient and foreign literatures, paintings, personal anecdotes, fascinating tidbits on the sensual art of food and its effects on amorous performance, tips on how to attract your mate and revive flagging virility, passages on the effect of smell on libido, a history of alcoholic beverages, and much more. An ode to sensuality that is an irresistible blend of memory, imagination and the senses, *Aphrodite* is familiar territory for readers who know her fiction.

## Book Information

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## Customer Reviews

Allende has created a stunning rumination on life in her new book. And as an added bonus, she's thrown in a pretty good cookbook as well. This book serves as a wonderful counterpoint to *Paula*. While *Paula* was about death and its effects on the human spirit, *Aphrodite* is about living life to its fullest by savoring what nature gives us. Allende's strength as a writer is in using the powerful emotional connection that she has to the material to create an effective narrative flow. If she doesn't have that emotional connection, she ends up relying on her characters' dialogue, which is definitely not her strong suit (see *The Infinite Plan*). In *Aphrodite*, she uses only narrative, which shines with a playfulness and joy that comes from someone who is enjoying the material. I remember attending a lecture where Allende said that after *Paula*, she thought she would never write again. I'm very glad

that rice pudding helped her get over these feelings. This book should be read by everyone so that they may be reminded (as she obviously has been) that it's the simplest pleasures of life that make life worth living.

This book was wonderful. I am cooking for myself for the first time in my life. This book gave me an appreciation not only for the aphrodisiac virtues in food but also for all their other sensual qualities. I recommend it to anyone who loves food or has an appreciation for anything sensual.

For readers of Isabel Allende's novels, this might seem an unusual book. It is a passionate, unapologetic defense of the senses generally, and a catalogue of historical sexual and culinary practices punctuated with flavorful recipes, all of which place this history-cum-cookbook almost in a genre of its own. This book naturally radiates with warmth, beginning with the highly informative personal tributes Allende delivers to each of three of her major collaborators in this book, including her mother and her literary agent. The photos and drawing which are scattered throughout this book add an artistic backdrop to the evocative prose. It also made me appreciate more wholly a number of passages Allende devotes to food and cuisine in her non-fiction book on her native Chile, *My Invented Country* (which I had also reviewed on this website).

I have read "Paula" and there is no doubt that Isabel Allende is a talented writer. Her passionate tone seems to just find a way to your heart. *Aphrodite* is a cookbook erotic-style... truly inspires fun ideas for both food and foreplay. Great historic facts on spices, a collection of rather comical stories and the recipes are to die for. If you are a hedonist. Get this!

I have yet to try out any of the offered recipes in this book, but I enjoyed reading it. Allende is indeed the sort of author I would expect to write about aphrodisiacs and senses. The parts of the book where she talks about personal experience or that of her family and friends are very good, but unfortunately there are a few parts where it seems like she's trying to wrap up the topic quickly and she more or less just enumerates the aphrodisiacs and discussed their history in short. These parts are less well-rounded and lacking. But all in all, I'm sure I'll return to this book again as I enjoyed it.

Allende's newest endeavor speaks volumes about the need to enjoy life through as many senses as possible. Her narrative style and imaginative descriptions make the reader feel sexy in the kitchen and erotic in the dining room. She shows how food, like people, can be comforting as well as

sensous. I really enjoyed this book for its playfulness and its success in putting the erotica back into a good meal shared.

I have read this book in installments. Why? Because I knew my mother would have a fit if she knew I had read it. Lusty, juicy, it's wonderful education for a curious young lady like me.

Yes, indeed. Everything in all the other laudatory reviews is true, but I thought I would comment on the tactile and visual quality of the book. It is printed on lovely smooth paper, slightly glossy and with a weight that seems more like that of an art book. It is filled with great colour illustrations, including cute drawings by Robert Shekter, and reproductions of romantic and sensual paintings. The font is elegant, especially the italics, and the book is nicely bound with a black cover and saucy red endpapers! It is a nice size for reading in bed ;) Seldom have I seen a book that is so pleasing in every way. If you are feeling blah, this book will cheer you up. Allende's pleasure in life is infectious.

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