

Dariush

The New Wave Cinema in Iran Kale and Coffee Dariush Parviz Jahed Kevin Gianni Nicola Micieli

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the new wave cinema in iran is a historical and analytical study of the iranian new wave cinema movement that came to its best early productions between 1958 and 1978 as the movement has a long history parviz jahed focuses on the development and the early progression of the movement in the 1960s and explores its emergence and development in the context of the cultural and social conditions of iran during this period jahed first defines the term new wave in iran s film culture in order to identify the root elements that gave traction to this movement he analyses the degree to which different elements and factors have contributed to the formation of this cinema accounting for the different approaches of iranian intellectual filmmakers towards modernity and a modern form of cinema in iran the book finishes by studying the works of three intellectual figures and influential filmmakers of the 1960s ebrahim golestan farrokh ghaffari and feraydoon rahnama who are arguably considered the forerunners of the new wave cinema in iran

internet celebrity kevin gianni was intent on finding the keys to perfect wellness and sharing them with the 10 million viewers of his youtube show renegade health so he and his wife bought a 36 foot bio fueled rv dubbed the kale whale and spent two and a half years crisscrossing the continent talking to experts and ordinary folks about what works and what doesn t when it comes to a healthy life gianni drank wheatgrass shots gave up sugar said goodbye to coffee and used himself as a guinea pig to uncover the truths and myths behind every nutrition plan said to guarantee good health as he cycled through healthy diets vegetarian vegan raw foods and more he got sicker and sicker finally he hit bottom and had to give up healthy eating to save his life kale and coffee is the often hilarious picaresque tale of

how gianni went from skinny raw food vegan faddist to bloated out of shape omnivore before finding the middle way to an imperfectly healthy and more balanced life the journey takes him from the peruvian andes to salt flats in mexico to a pig farm and butcher shop near his northern california home along the way he has his brain scanned and his pantry tested for toxic metals does an all water fast runs the grueling tough mudder endurance race and obsesses on the secrets of the world s longest lived people with the humor and practical wisdom that have delighted millions gianni shows you how to sidestep the health hype diet fads and weight loss promises littering the path to wellness drawing on his own experience and the advice of trusted experts he guides you in finding your own personal plan for optimal nutrition and fitness includes the kale and coffee 21 day jumpstart

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