

Introduction to Volume 2, Nubers 1 and 2: Somaesthetics and Food

Food and drink, perhaps of all the objects to which we direct our aesthetic energies, fall most naturally within somaesthetic inquiry. As food and drink are literally consumed and incorporated into the body, our attention to these processes likewise works to break down the false dichotomies of inner/outer, body/mind, and self/world. It may be surprising then, that in the more than 15 years since somaesthetics was first proposed as a new discipline by Richard Shusterman, there has been little sustained attention devoted to food and drink within the emerging literature on somaesthetics. In the past few years however, as somaesthetics has matured into both a unique philosophical approach to aesthetics and an interdisciplinary methodology, work has begun to appear on food and eating from a somaesthetical perspective. In keeping with this direction, the *Journal of Somaesthetics* is proud to present this volume devoted entirely to exploring the implications of somaesthetics for questions concerning the cultivation, preparation, consumption and enjoyment of food.

Taken collectively, the contributions to this double issue exhibit the diverse array of food related topics that are pertinent to somaesthetics. From visual art, performance art and film, to experimental psychology and nutrition, urban farming, restaurant culture, wine, and Crossmodalism, the papers collected here illustrate the impressive range of topics, and disciplinary approaches, that comprise a gustatory somaesthetics. This special issue can also be seen as providing an important counterbalance to the literature in the philosophy of food that has to date been dominated by the questions of the art-status of food and the cognitive, expressive, and representational elements of eating. As a result, the living soma has all too frequently dropped out of these discussions. In narrowly attempting to establish the similarities between food and art, some approaches to the philosophy of food tend to lose sight of the unique insights that the aesthetics of food can provide for our understanding of all of the interrelated modes of embodied human experience. As the living soma is the irreducible site of gustatory and aesthetic experience, it is our hope that this special double issue of the *Journal of Somaesthetics* will contribute to forging a new direction in research into the myriad ways that human beings relate to food.

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