

# Off the Shelf

Recent books with Harvard connections

**How to Read the Bible: A Guide to Scripture, Then and Now** (Free Press, \$35), by James L. Kugel, formerly Starr professor of Hebrew literature (see "Final Architect," January-February 2004, page 36). Not CliffsNotes; 689 pages of text on reading the Good Book, by the maestro of the Core course "The Bible and Its Interpreters."

**Body Drama**, by Nancy Amanda Redd '03 (Gotham, \$20, paper). The 2004 Miss America contestant, with an assist from the director of Mount Sinai's Adolescent Health Center, writes a frank—and frankly illustrated, with photographs—tour of growing girls' concerns from acne and breast development to weight, pregnancy, and genital warts.

*Slate*, *Los Angeles Times*, etc., and now *Time*) collects samples from the past dozen years. Reflecting on airport security lines in 2002 ("...the major war effort imposed on civilians..."),

he finds a "need to think about it for a few more hours. And I think I know where I'll find the time."

**What Is Emotion? History, Measures, and Meanings**, by Jerome Kagan (Yale, \$27.50). The Starch professor of psychology emeritus wades into the "empirically lean and theoretically contentious understanding of emotional phenomena" and finds himself "adopt[ing] a skeptical stance toward the existence of a small set of basic emotions." Kagan writes, "Poets possess the license to use a predicate any way they wish," but this is very much a scientist's book.

**Straddling Worlds: The Jewish-American Journey of Professor Richard W. Leopold**, by Steven J. Harper, J.D. '79 (Northwestern, \$35). An oral history of historian Leopold, Ph.D. '38. His education included spirited "fist-ball" games (a volleyball variant) with the Law School's Erwin N. Griswold, historian John K. Fairbank, and physicist

Percy Bridgman, a future Nobelist and all-out competitor.

**The Fortune Cookie Chronicles: Adventures in the World of Chinese Food**, by Jennifer 8. Lee '99 (Twelve, \$24.99). The author, formerly a Ledecky Undergraduate Fellow of this magazine, now a *New York Times* metropolitan reporter, probes the ethos of the nearly 40,000 Chinese restaurants in the United States, and beyond, fearlessly addressing "the Kosher Duck Scandal of 1989" and, like Margaret Mead, reporting the tragic fate of the "bean-sprout people."

**Nobel Faces: A Gallery of Nobel Prize Winners**, by Peter Badge (Wiley-Blackwell, \$95). Badge's eloquent black-and-white portraits of some 270 laureates, with accompanying brief narratives by Chris Richmond; poet Seamus Heaney, biologist Walter Gilbert, chemists Elias J. Corey and Dudley R. Herschbach, and diplomat Henry A. Kissinger are among the Harvardians depicted.

**Please Don't Remain Calm: Provocations and Commentaries**, by Michael Kinsley '72, J.D. '77 (Norton, \$25.95). The writer of opinions (*The New Republic*,

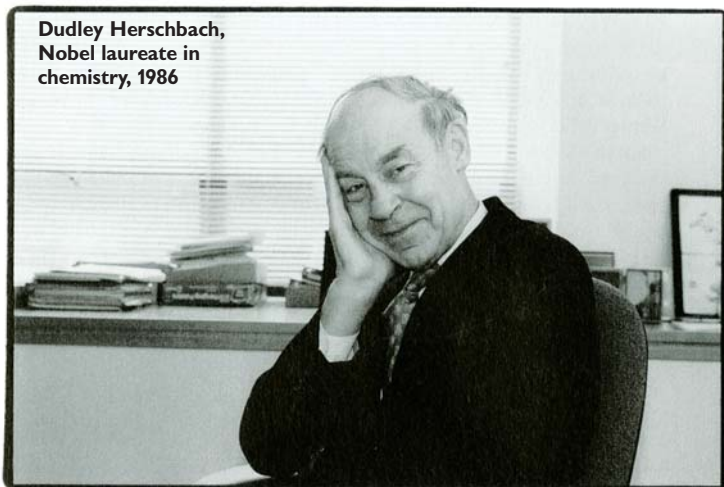


beams and bricks, butcher-block tables and desert-yellow walls. In both locations, sweet flavors rule. On the ground and on line ([www.flourbakery.com](http://www.flourbakery.com)), Flour proclaims its mission statement: "Make life sweeter—eat dessert first!"

While growing up in Houston, Denver, and Tulsa, Chang, like many girls, made cupcakes for friends. But her first career path was in management consulting; after concentrating in applied mathematics and economics at Harvard, she spent two years with Monitor Company in Cambridge, where she worked on the college recruiting program. "One icebreaker question we used was, 'If you won the lottery tomorrow and money was no problem, what would you be doing?'" she recalls. "After asking hundreds of kids that question, I asked it of myself."

The answer led Chang to enroll in a three-hour adult-education course on starting your own food business, taught by cookbook author Judy Rosenberg, founder of the Rosie's Bakery shops in Boston. That inspired Chang to get a restaurant job; she started at the upscale Biba restaurant as a *garde-manger* cook, making the bar menu, including cold appetizers. But "I wasn't that interested in the savory end of things," Chang says. "I was always attracted to sweet flavors. They're more interesting. And more enjoyable!"

She moved to Bentonwood Bakery in Newton, then became pastry chef at the Rialto restaurant in Cambridge. She worked in New York for renowned French pastry chef François Payard, formerly of Restaurant Daniel, then returned to Boston at Mistral. Still, "I didn't want to work in restaurants long-term," Chang explains. "A restaurant menu has a very limited scope for desserts. I wanted to do something that would reach more people, and I had always loved pastry shops." In 2000 she opened her first Flour Bakery + Café, in the South End. "It was busy pretty much



Dudley Herschbach,  
Nobel laureate in  
chemistry, 1986

PETER BADGE



Visit [harvard-mag.com/extras](http://harvard-mag.com/extras) to get Chang's sticky-bun recipe and see how they're made.