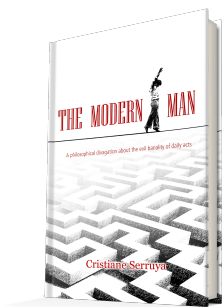


**After this orgy of passion and sweets, how about some thought-provoking
reading...and more sweets?**

THE MODERN MAN

A philosophical divagation about the evil banality of the daily acts

The modern state of man, his thoughts, feelings, and life are dissected by the author in a direct, sensible, and poetic style.



A contemporary text about the human anguishes and desires, needs and projects, dreams and utopias, which leads the reader to rethink his daily acts.

Foreword by Carla Francalanci, PhD by Boston University

This essay was written in 1988 and was awarded with Honors on Law School, PUC-RJ. After published, in 2013 THE MODERN MAN received other awards: Gold Medal - Literary Classics

International Book Awards for Special Interest - Inspirational / Motivational; and Bronze Medal - Literary Awards - Readers' Favorite International Book Award for Short Story - Non Fiction.

THE MODERN MAN

EXCERPT

Before, a word.

When we are eighteen years old, life is a wonder, everything is new and the possibilities are all open to us—the new generation—who is taking our first steps.

For a few, life has been kind and generous; for others, not so magnanimous or loving, but one way or another, we are all—or we have been—there, at the magical age of eighteen, ready to start our lives and to dominate the world, taking it by its horns...or its tail.

We think there is a new world to discover, conquer, better. But no. There is no new world, nothing to conquer. It's all an illusion.

The world is not new. It is old. It is not here to be bettered by *younglings* dreaming of imaginary and unattainable solutions. Utopias.

For an unknown reason, some of these *younglings* are old souls revisiting this world and already know it. They know that there is very little to do upon the world. They know that the great difficulty is humanity.

For those who know, the worst enemy is themselves: men.

Intrigued?

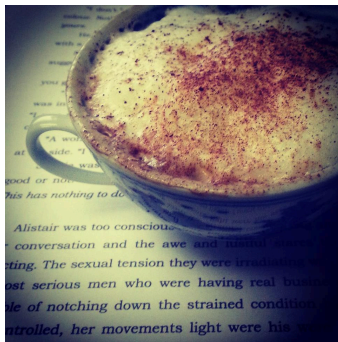
Grab your copy on [AMAZON](#), [iTUNES](#), or [KOBO](#)!

RECIPE

The Modern Man Sugar-cinnamon Pastry Sticks and Cappuccino

Well, since it's a short philosophical essay, how about a cup of cappuccino and some sugar-cinnamon sticks?

Making a delicious foamy cappuccino doesn't require any expensive equipment, whatever your local barista tells you!



Making milk foam in the microwave is a two step process: first you shake the milk in a jar to create foam, then you microwave it for a few seconds to stabilize the foam. Without the microwaving step, the milk foam will quickly collapse back into the milk. Once stabilized in the microwave, the milk foam is so thick that you can literally spoon it into your coffee mug.

So, let's do it!

Sugar-cinnamon sticks:

Ingredients:

- roll of pure butter puff pastry
- egg yolk
- caster sugar
- Cinnamon

Instructions:

1. Preheat the oven to 410°F (210°C)
2. Line a baking tray with greaseproof paper or a silicon baking sheet
3. Unroll the pastry, cut into 2 cm strips with a small knife, brush one side with the egg yolk, sprinkle with sugar and cinnamon
4. Place the strips, evenly spaced, on the tray and bake for 8-10 min
5. Reduce the heat to 350°F (180°C) if they brown too quickly

Milk-frothing!

Ingredients:

- 2% or nonfat milk
- Cocoa powder
- Cinnamon powder

Instructions:

1. Pour the milk into the jar: Fill your jar with as much milk as you normally use in your coffee, but no more than halfway full so there's room to make some foam.
2. Shake the jar with the lid on: Screw on the lid. Shake the jar as hard as you can until the milk is frothy and has roughly doubled in volume, 30 to 60 seconds.
3. Microwave for 30 seconds: Take the lid off the jar. Microwave uncovered for 30 seconds. The foam will rise to the top of the milk and the heat from the microwave will help stabilize it.

Tips: a) Use the foam right away! It will start to dissolve after a few minutes. b) If you want a little milk as well, use your spoon to hold back the foam while you pour a little into your coffee. c) Nonfat and 2% milks emerge from the microwave with impressive stacks of foam, while the whole fat milk and creams emerged with a mere film of tiny bubbles.

Now, the final touch: assembling your cappuccino!

1. Make strong, good-quality, hot coffee before frothing the milk.
2. Then froth the milk and spoon the foam on top of the coffee, barista-style.
3. Sprinkle with cocoa and cinnamon.

Tips: a) Of course, the taste of your cappuccino doesn't just depend on the foam, it will also depend on how good your coffee is. b) For chocolate lovers, add a small thin piece of dark chocolate at the bottom of your mug or cup before you pour hot coffee over. After you finished drinking your cappuccino, eat the melted chocolate with a spoon!