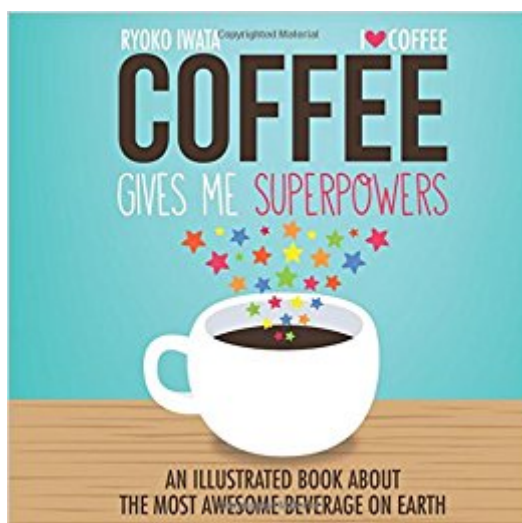


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# Coffee Gives Me Superpowers: An Illustrated Book About The Most Awesome Beverage On Earth



## Synopsis

For coffee lovers and those who love them, *Coffee Gives Me Superpowers* is a fun, graphic design-centered book focused on one of the world's most addictive and beloved substances--coffee. If coffee is the foundation of your food pyramid, then this is your book. Inspired by Ryoko Iwata's popular Web site, *I Love Coffee* ([en.ilovecoffee.jp](http://en.ilovecoffee.jp)), *Coffee Gives Me Superpowers* is overflowing with infographics and fun, interesting facts about the most awesome beverage on earth written by Ryoko, a Japanese coffee-lover living in Seattle. The book includes the most popular pieces on the site, such as "Your Brain on Beer vs. Coffee," "10 Coffee Myths," "The Best Time of Day to Drink Coffee (According to Science)," and "10 Things You Probably Didn't Know about Caffeine," plus 25 percent new, original material that is available only in this book.

## Book Information

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## Customer Reviews

Ryoko Iwata is a Japanese coffee-lover living in Seattle. When she's caffeinated, she creates and writes infographics, facts, quizzes, and other fun visual stuff about coffee, and sometimes sushi, on her Web site, *I Love Coffee*.

This delightful, short, optimistic well-illustrated collection of infographics is an unusually rewarding diversion for a moment while sipping a cup of coffee. I confess that I came to it as a fan of her website, but Ms. Iwata has done more than just copy-and-paste from/about her Internet publishing;

the book is thoughtfully sequenced to lead the reader through a short, happy, informative journey through what she's discovered about coffee. It is as if you were having coffee with the author, she got there early, pounded a couple of double-espressos while waiting, and has a lot to tell you. You, the reader, can just sit there, amused and content, while she goes on about coffee's history, origins, patterns of consumption, effects on the body and mind. Will it change your life? Paying attention to your life the way Ms. Iwata pays attention to coffee will. When I know as much about what I enjoy, use and consume daily as the author does about coffee I am more content and find like more interesting. If you drink coffee every day like I do, buy this little book and read it. The trusty cup of joe will speak to you in new ways every day from then on. Drink coffee, be happy.

If you aren't trying to take this book too seriously, then you'll have a blast. Mathew Inman (aka The Oatmeal) illustrates much of this book. It has a lot of fun infographics and charts but it is not a reference book. For that you would want to read 'Uncommon Grounds' all 800+ pages. For a 100 page, cutely drawn, fun little 'coffee table' book this is a winner. It's selling for under \$10 and well worth it.

I received this book today and I can't wait to take it to the office to share. Yes, a lot of the content is also on her website, but it's great to have it in a book form to casually (or, as in my case, quickly) read when you want an internet break. I'm so glad I'm a black and espresso coffee drinker but I think even if you drink soy or more-sugar-than-coffee drinks, you'll get a kick out of the book. If we can't laugh at ourselves (I am obviously going to die from a sharp and bitter soul) then we need serious help. Have some coffee and read a coffee table book! It will help.

I first heard of this book through The Oatmeal, of which I'm a pretty big fan. I ordered it not for myself, though, but for my Mom, and I used it as inspiration for her Mother's Day gift this year, which was a collection of several of her favorite coffees (and some new ones to try), accompanied by some coffee bars and coffee-flavored chocolate bars. My Mom, who says she "lives for coffee" isn't exaggerating by much, and she LOVED reading this book while munching and sipping away at the contents of her present. We both agreed that Coffee Gives Me Superpowers was just the right mix of entertaining and educational, which made it a fun way to learn about her favorite beverage.

Bought this for a friend for Christmas thinking it would be a neat little gift. Luckily, I was able to sit down and read it before I wrapped it. I really enjoyed how they had facts about coffee mixed in with

humorous bits. It kept me engaged in the book instead of growing bored. As a coffee aficionado, my friend loved the book also.

This is a beautifully illustrated, fun book that is also very informative and interesting. I am a big fan of Ryoko Iwata's website, I Love Coffee, so I had seen some of the materials there already, but I like having the infographics right there, printed---somehow it gives a different feel. There is also a ton of new materials, too. I have a copy in my office and everybody that comes through loves the book. I think I am going to buy extra copies to give as gifts!

This is a very nice coffee table book that tells you about coffee and caffeine in full page illustrations. The information provided is the factoid such as how much coffee the average American drinks, which country drinks the most coffee, who the "Joe" is, etc, which might appear in the Trivial Pursuit. It will not take more than 30 minutes to read through the book, but the book is cheap (less than ten bucks), and so the money is well spend.

A must have! This book is being passed thru the office...bursts of laughter, shouts of "did you see this..." It has been a perpetual coffee break party...Ryoko, I hope you have your coffee cape on today!

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