

# THE COOKBOOK OF LIFE

NENAD RAOS

**HDKI**  
HRVATSKO DRUŠTVO  
KEMIJSKIH INŽENJERA I  
TEHNOLOGA

*The Cookbook of Life* has nine chapters, followed by a glossary and a list of about one hundred literature references. It is written in a humorous tone and different theories about the origin of life are compared with local (Croatian) or homemade dishes. The aim of the book is to present recent theories on the origin of life on Earth and, in conclusion, to come up with author's own views on the topic. It is intended for an educated layman, with high-school level proficiency in biology and chemistry.

"Chemical education background, on one side, and fine writer experience on the other, is quite evident in the book", wrote Academician Mladen Juračić, the first referee. "Nenad Raos balances very well between nice personal accounts of his family life, the social environment in which he grew up after the WWII and cooking and nutrition habits in those days on one side, and serious (chemical) explanation and questioning (with some humour also) of different theories on the origin of life (Darwin's 'warm little pond', panspermia theories, Oparin's 'bouillon', Miller's 'something pink in the flask', RNA-world, PAH and the hydrothermal vent theories) on the other." In the last two chapters Raos presents a summary and discusses all the major theories pointing to reasons why finding life in other places in the Universe should be possible.

"Well acquainted with Raos' erudition and writing experience I expected a very good text, but the book exceeded all my expectations", wrote the second referee, Professor Dario Hrupec, adding "It is exceptionally interesting and readable."

Author of the book Dr. **Nenad Raos**, born 1951 in Zagreb, Croatia, is now retired from the Institute for Medical Research and Occupational Health as a scientific adviser in chemistry. He is the author of more than a hundred scientific and professional papers in the field of theoretical and bioinorganic chemistry, history of science and chemistry education, along with two university textbooks on drug design and 13 books in popular science. Among his numerous articles notable are those about planetary astronomy and extraterrestrial life regularly published in Croatian magazine *Čovjek i svemir* (Man and the Space). He spent seven years as the editor-in-chief of *Priroda*, the leading magazine for popularization of science in Croatia, and was honored in 2002 with the State Award for the Propagation and Popularization of Science.



*A very amusing book for people with developed taste and subtle scientific sensibility.*

(Dr. Petar T. Mitrikeski, biologist)