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Soul Food

On DVD: Tuesday, February 5, 2008

Starring: [Vanessa Williams](#) [2],

[Nicole Ari Parker](#) [3],

[Malinda Williams](#) [4],

[Aaron Meeks](#) [5],

[Rockmond Dunbar](#) [6]

Studio(s): [Paramount](#) [7]

Genre: [Drama](#) [8]

Running Time: 393 Minutes

Discs: 5

Soul Food: The Third Season is one of the better shows that I've seen simply for the reason that it doesn't over sensationalize nor does it attempt to reach out to a pop culture generation by splicing and dicing in adverts and or images. The show revolves around people with real problems and those problems aren't resolved by some analytically smart hero in the final hour or by some small miracle just when things look their bleakest. The characters on the show do their best to live amongst their problems until they can figure them out, if they can figure them out, and that's what makes them so human and the show so uplifting. What your looking at is hypothetically ourselves if we can associate with the character problems, and most of us will be able to identify with some of them, and that's the appeal that I think makes the show so familiar.



Source URL: <http://shakefire.com/tv-show/soul-food#comment-0>

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