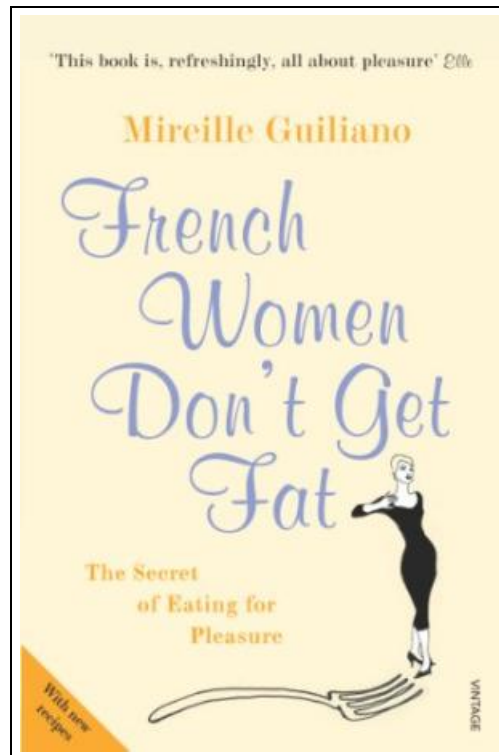


French Women Don't Get Fat: The Secret of Eating for Pleasure



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FRENCH WOMEN DON'T GET FAT: THE SECRET OF EATING FOR PLEASURE



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Vintage Publishing. Paperback. Book Condition: new. BRAND NEW, French Women Don't Get Fat: The Secret of Eating for Pleasure, Mireille Guiliano, This is the book we've all (certainly every woman between 25 and 75) been waiting for. It is classy, chic, convincing, funny, wise, well-written and very timely. It's the ultimate non-diet book, which nonetheless shows us how to eat with balance, control and above all pleasure. Chuck out all the radical diet books, think about what you eat and why, and then enjoy eating the right things (and some of the wrong ones) intelligently, and in smaller portions. Eat, like a French woman, with your head not your stomach. Guiliano, French-born and bred, gets the tone absolutely right. She succeeds in that rare high-wire act of being really serious about her subject but without taking herself too seriously; manages to encourage and inspire and amuse, without being bossy or earnest. This is a book that will make you laugh out loud and yet have you following several of her practical precepts within days - everyone who reads it becomes evangelical (French women don't go to the gym, they climb the stairs). It combines just the right balance of memoir, wisdom, wit, delicious recipes, and French common sense. Guiliano emphasizes the virtues of freshness, variety, personal taste, enjoyment and, above all, portion control (research shows that dishes served in US restaurants are 25 per cent larger than those served in restaurants in France!).



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