



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

By Mireille Guiliano

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,...



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Reviews

This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.

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It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.

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