



The French Women Don't Get Fat Cookbook

Mireille Guiliano

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With *French Women Don't Get Fat*, Mireille Guiliano wrote the ultimate non-diet book on how to enjoy food and stay slim and became a publishing phenomenon. In her first ever cookbook, she provides her millions of readers with the recipes that are the cornerstone of her philosophy—mouthwatering, simply prepared dishes that favor fresh, seasonal ingredients and yield high satisfaction.

Organized around Mireille's three favorite pastimes—breakfast, lunch, and dinner—these recipes emphasize pure flavors, balanced ingredients, and easy cooking methods. Eating pleasurably is just as important as eating healthfully, and Mireille does not neglect dessert and chocolate (essential components of any Frenchwoman's diet) and incorporates advice on entertaining, menu planning, and wine selection. And once again, Mireille offers tips and tricks to magically reduce one's waistline.

Filled with stories from Mireille's childhood in France, her life in Paris, Provence, and New York, and her extensive travels and meals for business and enjoyment, *The French Women Don't Get Fat Cookbook* is a beautiful, practical lifestyle guide to living well, eating wonderfully, and getting the most out of life with the least amount of stress.

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