



French Women Don't Get Fat

Mireille Guiliano

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French Women Don't Get Fat Mireille Guiliano

Stylish, convincing, wise, funny, and just in time: the ultimate *non-diet* book, which could radically change the way you think and live – now with more recipes. French women don't get fat, even though they enjoy bread and pastry, wine, and regular three-course meals. Unlocking the simple secrets of this “French paradox” – how they enjoy food while staying slim and healthy – Mireille Guiliano gives us a charming, inspiring take on health and eating for our times. For anyone who has slipped out of her Zone, missed the flight to South Beach, or accidentally let a carb pass her lips, here is a positive way to stay trim, a culture's most precious secrets recast for the twenty-first century. A life of wine, bread – even chocolate – without girth or guilt? *Pourquoi pas?*

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