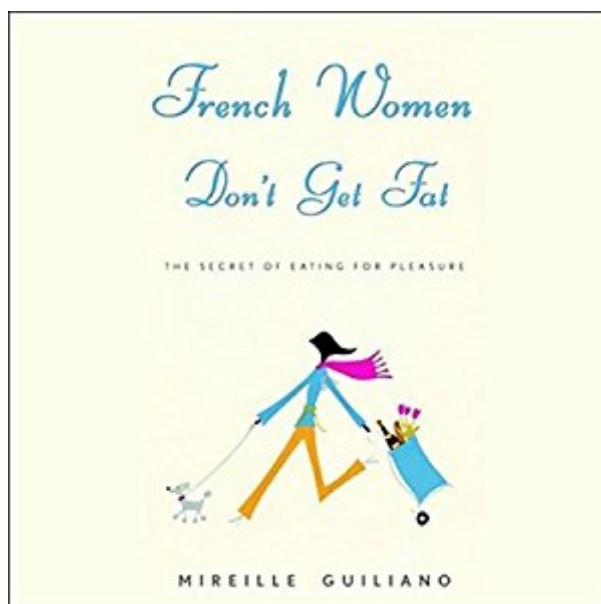


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# French Women Don't Get Fat: The Secret Of Eating For Pleasure



## Synopsis

Stylish, convincing, wise, funny—and just in time: the ultimate non-diet book, which could radically change the way you think and live. French women don't get fat, but they do eat bread and pastry, drink wine, and regularly enjoy three-course meals. In her delightful tale, Mireille Guiliano unlocks the simple secrets of this "French paradox"—how to enjoy food and stay slim and healthy. Hers is a charming, sensible, and powerfully life-affirming view of health and eating for our times. As a typically slender French girl, Mireille (Meer-ray) went to America as an exchange student and came back fat. That shock sent her into an adolescent tailspin, until her kindly family physician, "Dr. Miracle," came to the rescue. Reintroducing her to classic principles of French gastronomy plus time-honored secrets of the local women, he helped her restore her shape and gave her a whole new understanding of food, drink, and life. The key? Not guilt or deprivation but learning to get the most from the things you most enjoy. Following her own version of this traditional wisdom, she has ever since relished a life of indulgence without bulge, satisfying yen without yo-yo on three meals a day. Now in simple but potent strategies and dozens of recipes you'd swear were fattening, Mireille reveals the ingredients for a lifetime of weight control—from the emergency weekend remedy of Magical Leek Soup to everyday tricks like fooling yourself into contentment and painless new physical exertions to save you from the StairMaster. Emphasizing the virtues of freshness, variety, balance, and always pleasure, Mireille shows how virtually anyone can learn to eat, drink, and move like a French woman. A natural raconteur, Mireille illustrates her philosophy through the experiences that have shaped her life—a six-year-old's first taste of Champagne, treks in search of tiny blueberries (called myrtilles) in the woods near her grandmother's house, a near-spiritual rendezvous with oysters at a seaside restaurant in Brittany, to name but a few. She also shows us other women discovering the wonders of "French in action," drawing examples from dozens of friends and associates she has advised over the years to eat and drink smarter and more joyfully. Here are a culture's most cherished and time-honored secrets recast for the twenty-first century. 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 buoyant, positive way to stay trim. A life of wine, bread—even chocolate—without girth or guilt? Pourquoi pas? From the Hardcover edition.

## Book Information

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## Customer Reviews

I understand that the reviewer who listed her web site has her own products and way of losing weight that has been effective for many people. I truly applaud her efforts. However, that is not to say that this marvelous little book is incorrect in any way, shape or form. While Madame Guiliano is not a nutritionist or doctor, she is the CEO of Clicquot Inc., a U.S. subsidiary of Champagne Veuve Clicquot. Believe me, she knows a thing or two about eating and drinking for pleasure and maintaining your ideal weight. Let me tell you my own experience eating the French way. I went to France a few years ago for about three weeks. I stayed in Paris, and then in Chartres. I could only afford to eat in little cafes and bistros, but I vowed to eat only my favorite foods and go back only to restaurants that were to die for. I ate my favorites - chocolate made fresh every day, chocolate mousse, home made ice cream, omelettes, pizza with goat cheese and cream sauce, quiche of every kind - you name it I ate it. I also had a glass of wine with dinner every night. We snacked almost all day in between meals on fresh fruit. All of the food was fresh - no chemical additives and nothing packed in plastic bags. We also walked every morning before breakfast and every day after lunch. When I got home and got on the scale I was shocked to see I had lost 25 pounds, and two dress sizes. I had to laugh because we complained the first few days about how long it took us to get served, and how long each meal took. After the second day we were so into really tasting the food we shared, we shut up and stopped hurrying through each meal.

About 6 months ago, I read a Marie Claire article about how the French and American editors switched lives and diets for one month. The French editor lived on Snackwells (an abomination, she thought) Lean Cuisines, and ate in her car, in front of the T.V., and on the go. The American editor dined on fresh, warm breads, rich cheeses, succulent meats and divine wine, and actually sat down, undistracted, to do so. At the end of 30 days, the French editor, despite eating so-called "diet"

meals, gained about 10 pounds; the American editor lost 10-15. Bizzare occurrence? Alert the 'Weekly World News'? Hardly. Instead, pick up a copy of Mirelle (pronounced Meer-Ray) Guiliano's new book "French Women Don't Get Fat". Mirelle confirms what we already know- that French people in general are more active (let's face it- it's more tempting to walk to work when you have the gorgeous Parisian landscape to indulge in) and consume less junk. So basically, she's not telling us anything we haven't heard before. The difference is, the French approach isn't a quick fix drop 10 pounds in 2 days juice diet. Mirelle accounts her own experience as a foreign exchange student in America- at 18, she was bigger than she'd ever been, thanks to a new love for chocolate chip cookies, potato chips, and everything else Americans love to nosh on. When she went back home, she turned to her family doctor, Dr. Miracle (no joke), who was eager to help. And now, she's given us Dr. Miracle's instructions to help us. There are a few phases you must go through to change your lifestyle: Recasting, which involves keeping a 3 week food journal to identify your "offenders" (i.e.

Mireille Guliano President and CEO of the champagne company Cliquot Inc. is the author of "French Women Don't Get Fat". Guliano travels 180 days of the year, eating out frequently and indulging in rich dishes and other goodies including bread, champagne and chocolate. Yet she manages to stay very slim and trim the French way. "French Women Don't Get Fat" is a wonderful opportunity to look inside this chic French woman's mind and understand how she eats such delicious food, rarely visit the gym yet wears a small size. The 263pg book speaks volumes. It clearly describes how to "think" so you will make the food choices that even if indulgent support a healthy weight. And it describes how to "move" to stay slim and you don't have to go to a gym. You do not have to be in the Zone or give up carbs or fat in order to lose weight. There is no need to micromanage your nutrients. Instead you must temper your indulgences with restraint. It seems so simple - yet millions of overweight Americans don't know how to accomplish this. And with her commonsense explanation M. Guliano explains exactly how to do this. Madame Guiliano is not a doctor or nutritionist. And she has not done scientific studies to test her methods. BUT all she has to do is point to France and the millions of slim Frenchwomen who use her "methode". Madame Guiliano states she learned the process of weight loss when she gained weight after a visit to the States from her Doctor - Dr. Miracle. The good doctor taught her simple steps to achieve a healthy weight. Guiliano took his lessons to heart slimmed down and is now frequently asked how she stays so slim! One of the first steps in the program is recasting.

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