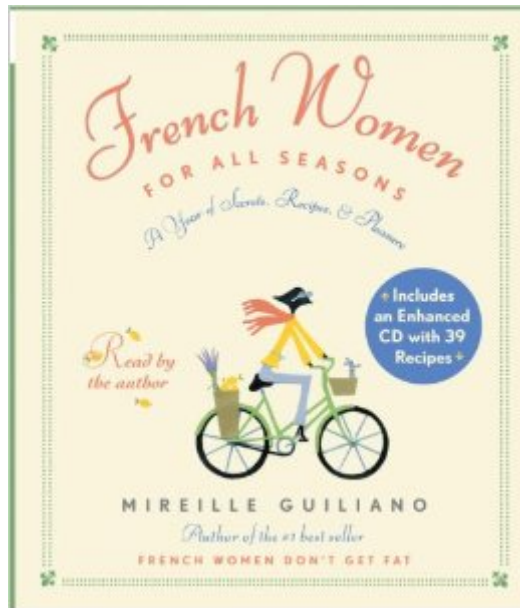


The book was found

French Women For All Seasons: A Year Of Secrets, Recipes, And Pleasure



Synopsis

BONUS FEATURE: Select recipes included on enhanced CD! For the legions of fans who asked for seconds after devouring *French Women Don't Get Fat*, a charming and practical guide to adding some joie to your vie and to your table, every day of the year. By letter, by email and in person, readers of Mireille Guiliano's phenomenal bestseller *French Women Don't Get Fat* have inundated her with requests for more advice. Her answer: this buoyant new audiobook, brimming with tips and tricks for living with the utmost pleasure and style, without gaining weight. More than a theory or ideal, the French woman's way is an all-encompassing program that can be practised anytime, anywhere. Here are four full seasons of strategies for shopping, cooking and moving throughout the year. Whether your aim is finding two scoopfuls of pleasure in one of crÃ©me brÃ»lÃ©e, or entertaining beautifully when time is short and expectations are high, the answers are here. Woven through this year of living *comme les franÃ§aises* are more of Mireille's delectable stories about living in Paris and New York and travelling just about everywhere else â in the voice that has already beguiled a million honorary French women. Lest anyone still wonder: here is a new compendium of reasons â both traditional and modern â why French women don't get fat.

Book Information

Audio CD

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Product Dimensions: 5.1 x 0.6 x 5.9 inches

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Average Customer Review: 4.1 out of 5 stars Â See all reviews Â (96 customer reviews)

Best Sellers Rank: #2,160,884 in Books (See Top 100 in Books) #106 in Â Books > Books on CD > Cooking, Food & Wine #1113 in Â Books > Books on CD > Health, Mind & Body > General #2148 in Â Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Judging by the amount of French lifestyle themed books out there, one can safely say that to capitalize on one's French-ness while selling an idea may equate to capturing a good chunk of good old American change. Mireille Guiliano, in her sequel to "French Women Don't Get Fat," does just that; like an elder more sophisticated sister, she imparts age old secrets of femininity from her older

and more food savvy culture. "French Women for All Seasons: A Year of Secrets, Recipes and Pleasures," allows Guiliano to indulge in a little nostalgia while making her point. No matter that most of what she advocates smacks of common sense passed on to all of us by our respective grandmothers, in terms of diet and style, nothing seems to fascinate the American world more than that proverbial "woman of a certain age," chic, thin, successful--- she is the president and CEO of a major champagne company--- and French to boot---her prettily accented English amply peppered with the appropriate French bon mot making whatever she says seem all the more charming and laced with worldly albeit not weary wisdom. As the title suggests, Guiliano uses a seasonal approach to life and food. Eating the best food in small portions requires knowing a little something about the marketplace. I may be able to purchase strawberries all year round, but do they taste as good as those obtained from a local farmer during early summer? If the taste approaches that of ambrosia, need I overeat, or will just a little explosion of taste suffice? Simply put, for Guiliano, better quality equals less quantity. Generally speaking, however, she advocates the 50 percent solution, where bisecting one's restaurant portion relegates a proper amount and two times the fun as the second half can be eaten as another meal.

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