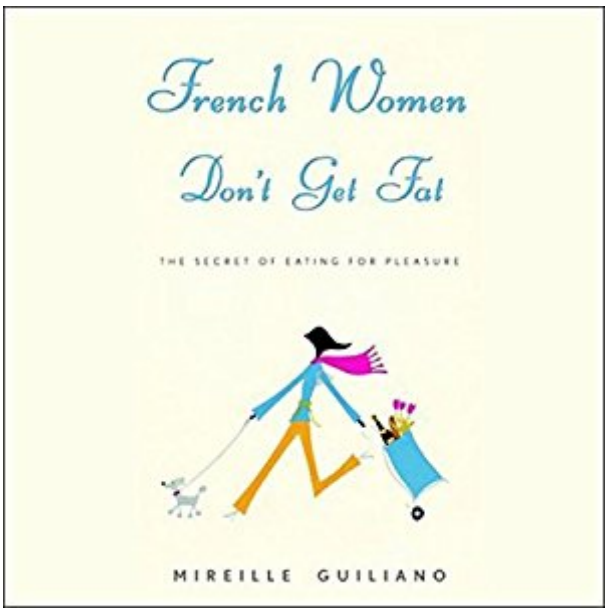
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French Women Don't Get Fat: The Secret Of Eating For Pleasure



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Synopsis

The #1 national bestseller that launched a fabulous French Revolution about how to approach healthy living: the ultimateÃ Â non-diet bookÃ¢â ¬â •now with more recipes. French women donÃ¢â ¬â„¢t get fat, even though they enjoy bread and pastry, wine, and regular three-course meals. Unlocking the simple secrets of this Ã¢â ¬Å“French paradoxÃ¢â ¬Â•Ã¢â ¬â •how they enjoy food while staying slim and healthyÃ¢â ¬â •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 cultureÃ¢â ¬â„¢s most precious secrets recast for the twenty-first century. A life of wine, breadÃ¢â ¬â •even chocolateÃ¢â ¬â •without girth or guilt?Ã Â Pourquoi pas? --This text refers to the Paperback edition.

Book Information

Audible Audio Edition
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Best Sellers Rank: #37 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #51 inÃ Â Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking #60 inÃ Â Books > Cookbooks, Food & Wine > Regional & International > European > French

Customer Reviews

As an English ex-Pat, living in the USA for the past 16 years, I can relate to much of what this book has to say. I went from walking everywhere several times a day...buying groceries daily, cooking home made meals daily, walking to the shops, library, school, doctors office...to a life of driving everywhere and weekly grocery shops and a lot more eating out and fast foods. My weight immediately started to go up after I moved here, and I put on 20 pounds in the first 6 months. I've been struggling with it ever since...not overweight according to my BMI, but just uncomfortable with myself. Add to that 9 years of working night shift as an RN and the amount of convenience foods, processed yuck and being too tired to exercise on my days off (or catching up on lost sleep) and the

problem, along with my cholesterol levels, just multiplied. Happily two things have happened that I fully intend to change things: A 'Sprouts' store opened within easy walking distance of my house, and I finally retired from nursing...I finally had the time to walk more AND cook home made meals again...but I still wasn't losing weight, why? Reading this book helped me realise what I was still doing wrong: 1. I was still locked in the 'One Huge Dish Per Meal' mindset, serving a huge bowl of pasta or casserole, or a giant plate loaded with meat, potatoes & veggies at each dinner time, and attempting to compensate by not eating breakfast or even lunch sometimes (then snacking on chocolate whenever I was hungry). 2. I was still thinking of walking as 'exercise'...I would plan on going 'hiking' around the trails near our house, or driving to hike in one of the many beautiful parks here, and dress up in my hiking boots etc., but because that took so much time out of my day it turned out to be a very rare occurrence. I started reading this book about a week ago and have already lost 4 lbs...4 lbs eating breakfast, lunch and 3-course meals for dinner. I'm absolutely amazed. Her advice on eating more courses but much smaller amounts of each course are absolutely spot on. Quality food over quantity. Just go for a walk...no dressing in special clothes, just pop your coat on if needed and go for a stroll in your neighborhood, or to your local shops to browse or buy groceries if they are within walking distance. Use the stairs, not the elevators, park further away from the store and walk...all make perfect sense. And her recipe for Leek Soup as a quick weight loss starter is just a miracle worker...even though I made Leek & Celery Soup, and we are only having it for lunch and sometimes also as an appetizer for our 3-course evening meals, I have seen not only a loss in weight, but I feel so much better. I always felt heavy, bloated and immobile after one of our previous 'One Huge Dish' dinners, but I can eat a 3-course dinner of delectable, quality items and feel wonderful afterwards (and I actually enjoyed preparing 3-course meals...the effort needed burns calories too!). Of course the book has some bad points...there is far too much boasting about Champagne and living the high life that she can with the high salary she earns...there are a lot of things that are not in the daily budget of the average person, but you can modify the general ideas with a bit of creativity to suit your own budget. And despite her reassurances that Working French Women are able to find the time to do all of these things...I take that with a pinch of salt, although I did save time by making multiple servings of desserts and pate's and freezing them for later dinners. I also just purchased a soup machine to help with the complexity of getting an appetizer on the table and having time to sit and enjoy it while still having to cook the main course. Yes, there's such as a thing as a soup machine...they are available on too :).

I am a serious cynic when it comes to diets. I would say I was about 10 - 15 pounds heavier then

where I wanted to be, I ran a lot, and I was confused as to why. Then I got this book an it seriously has changed my life.Growing up a child in the Midwest where food on our family table was usually not really fresh unless it was corn or strawberries, and dinners always required a cleaning of the plate. I developed an interesting relationship with food. I couldn't get over the fact that I was wasting when I didn't finish - and diets left me unsatisfied/feeling cheated that I didn't get to enjoy my favorite foods (which include things made with cream, chocolate and of course red wine).This book changed my mindset - it slowly over the past two months has helped me develop a healthy relationship with food, an appreciation for it's beauty/nutrition/richness and the understanding of more isn't always better when you slow down and eat really quality items in a reasonable pace.What the author says makes so much sense.I am now satisfied with my meals, not spending more than I did before, and have I swear lost 10 pounds in 2 months (I am not joking nor exaggerating) 10 pounds that have been unbelivably hard for me to lose in the past - the best part is I don't feel cheated, I didn't feel like I was giving up anything.I now know that I am enjoying and will the rest of my life the things I love. The author gives you great tips, outlook perspectives and delicious easy recipes. I've recommended it to so many people I know. It really is though, like the book says, deprogramming your mind from the eat quick, eat cheap, eat efficient mindset. About slowing down and enjoying the tastes, textures, and value of what you are putting in your body - your vessel.Try it I promise you won't regret you did - and you will love yourself and your interactions with food so much more for doing so.

I have already lost an inch off my waist in a week and I am not "dieting" just minding the lifestyle adjustments she mentioned. And I have been doing that lightly, I will add more as I read on in the book. The recipes are great and I have already tried a few. It really made me see things clearer. Some of it I already knew and have read a hundred times, but sometimes you need someone to say it in the right way for YOU. This lady just happens to speak well to me.

I am not sure how I was introduced to the title of this book. Most likely I was searching, yet again, for another diet to try. Once I began reading this book, I couldn't put it down. Partly I was intrigued about the lifestyle of a different culture. But mostly what I was reading was something I connected with. Mireille Guiliano provides good advice and it comes from experience. Although she is French, she spends time between both the US and France. I think her advice is sound as this is the life she grew up with and as a successful business woman, what she has to say should be taken to heart. It is not really a France vs. United States, who is better, type of book. What she says is based on facts

and applies to everyone. I would call this a "non-diet" book. The advice she shares can be applied to everyone, young and old and across any culture and not just for food. What she presents is a lifestyle. French Women Don't Get Fat is a book for everyone. The tips are easy to follow and the advice is easily applied to any lifestyle. This is a book you will not regret reading.

I used to eat this way until I hit my 36th year. Almost ten years later, I intend to give this plan a try. It can't hurt.

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