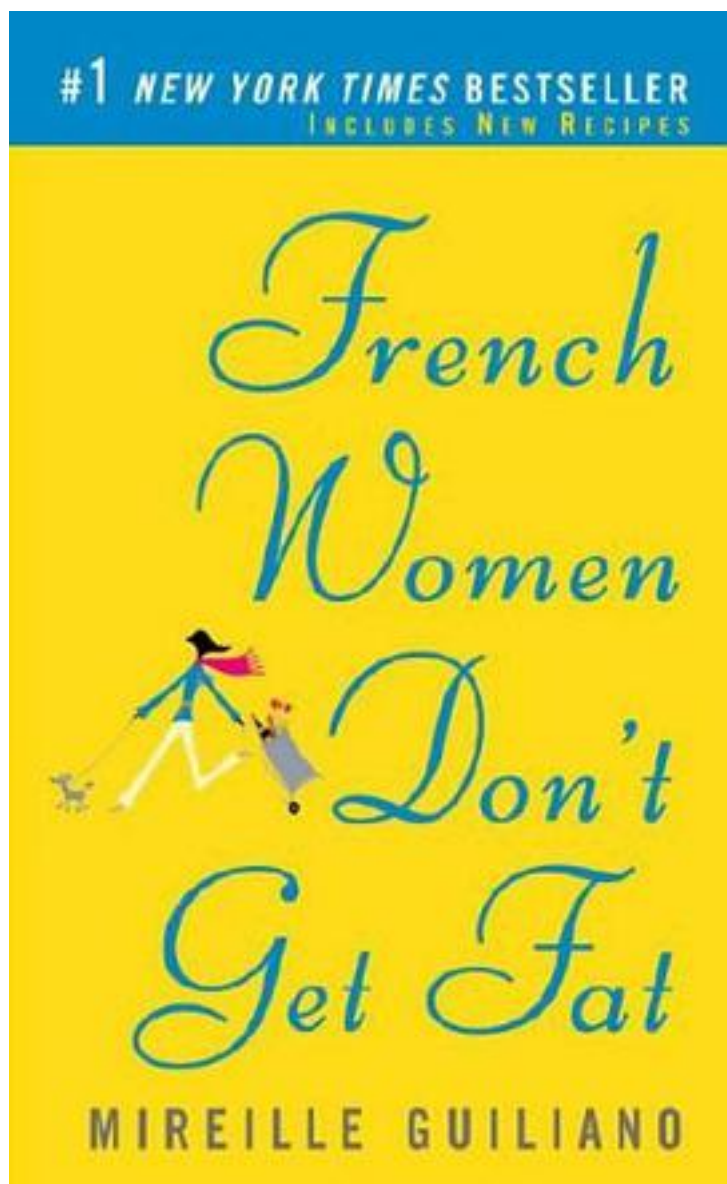


French Women Don't Get Fat



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著者:Mireille Guiliano

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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?

作者介绍:

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标签

法国

法国饮食文化

减肥

生活

饮食

食谱

英文

巴黎

评论

食谱蛮好的

好坏混杂。但有些基本理念还是很有用的！

虽然语气里满是一个身在社会收入顶层的女人的不屑与傲慢
但是毕竟是唯一治好了我高中大学时候暴食症的秘诀。时不时翻一翻调整心态很有效。
估计会留一辈子。

吃当季食物，少量多次多喝水，怎么有点像中国人

15 | I love it and fully enjoy. Mastering the art of eating well is the keystone of one's bien-être.

关键还是生活态度嘛 ps.这应该是我看的最快的一本英文书 不到四天...

the highlights are hidden in the last chapters, but at least there were enough to make the book worthwhile.

diet is not a regime. it's a lifestyle.

这本书里面有一个超级简单（食材简单，步骤也简单）的baguette recipe,猪宝每次做都成功，好好吃！

值得用心感受

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书评

What a great read. I picked up this book at a used-book sale while only attracted to its seemingly "girly" cover and a much reduced price of \$1 - thinking that it's probably some entertaining beach read of some French-related novel from which my brain coul...

这大概就是我从书中看到的。不是一种饮食文化，而是一种生活态度。要注意生活中的每一刻，尊重吃下去的每一餐，而非随随便便打发。

大概算是对食物的敏感力吧，某种程度上和日本人很像。
结果看了以后的这几天都是按着书中菜谱自己做饭，的确很有收获啊 作者在书末的列...

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