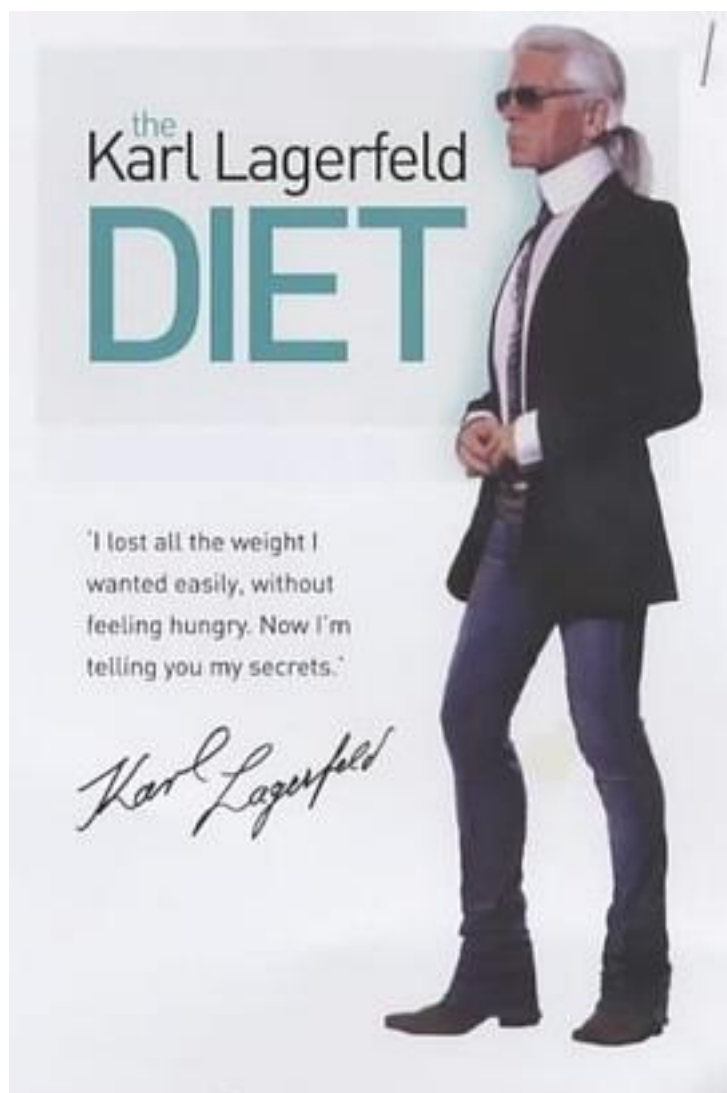


# The Karl Lagerfeld Diet



[The Karl Lagerfeld Diet\\_下载链接1\\_](#)

著者:Karl Lagerfeld

出版者:powerHouse Books

出版时间:2005-5

装帧:Paperback

isbn:9781576872512

"One fine morning I woke up and decided that I was no longer happy with my physique. Although I was overweight, I had gotten along fine and had no health problems. But I suddenly wanted to dress differently, to wear clothes designed by Hedi Slimane... But these fashions, modeled by very, very slim boys—and not men of my age—required me to lose at least eighty pounds....I did not think that it was possible to lose so much weight in one year....[But] in fact, it took me exactly thirteen months."

—Karl Lagerfeld

"Karl Lagerfeld's case is spectacular as it shows how it is possible, through determination and willpower, to return to a harmonious balance even when excess weight is of a long-standing, deeply ingrained nature. I hope that many will be inspired by the example of the slimmed-down, elegant, and indefatigable Karl Lagerfeld to lose either the few pounds they feel should be sacrificed for their happiness or the several dozen pounds that are detrimental to their survival."

—Dr. Jean-Claude Houdret

The Karl Lagerfeld Diet, developed exclusively for Karl Lagerfeld by Dr. Jean-Claude Houdret, reveals the secret techniques of Lagerfeld's amazing weight loss regimen. By first addressing the mental and behavioral causes of varying degrees of obesity, this book provides valuable insights and useful tips for preparing the mind and developing the willpower necessary to commit to this diet.

It then provides one hundred twenty gourmet recipes devised by Dr. Houdret, which cover breakfast, soups, starters and salads, eggs, seafood and fish, meat, pasta and pizza, vegetables, sauces, and desserts. Topping it off, Lagerfeld provides his personal tips for staying slim, attractive, and fit with additional chapters on skin care procedures, cosmetic treatments and surgery, general medical care, stress management, giving up tobacco, sleep, and exercise. Both an instructional guide and a motivational coach, The Karl Lagerfeld Diet is the ultimate accessory for healthy living.

作者介绍:

目录:

[The Karl Lagerfeld Diet\\_下载链接1](#)

标签

KarlLagerfeld

减肥

太想读了

lagerfeld

diet

Fashion

健康

CHANEL

## 评论

菜谱部分如果是在东方就没什么用。但karl的访谈值得一看。有一个dandy老爸和基本不吃东西的妈是很要紧的。karl并不为年轻减肥，他说，年轻是一个人人终将被赶出来的俱乐部

-----  
大一时买的书 被自己都要翻烂了 前两天看到他离世 震惊了 今天闲下来心都碎成渣渣了

-----  
不是特别有用，跟我爸说的一样，炒作成分多

-----  
hahaha

-----  
无能= =

-----  
[The Karl Lagerfeld Diet\\_ 下载链接1](#)

书评

-----  
[The Karl Lagerfeld Diet 下载链接1](#)