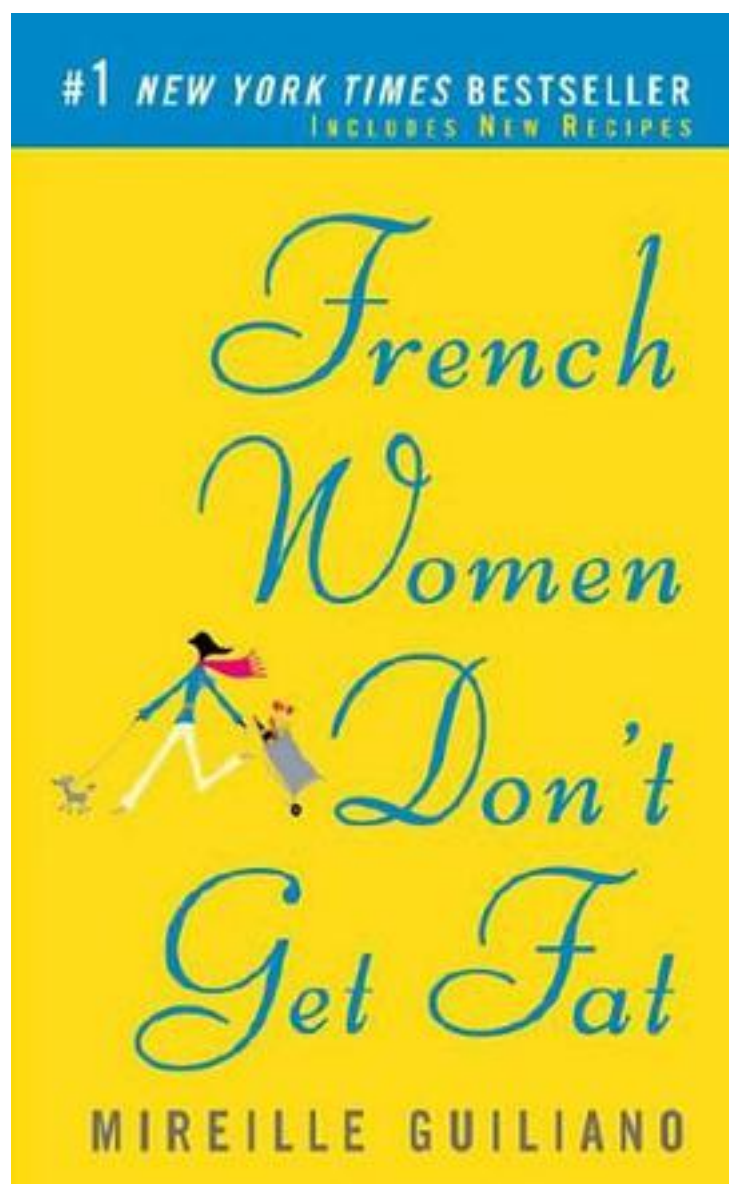


French Women Don't Get Fat



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评论

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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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