



Las francesas no engordan: Los secretos para comer con placer y estar delgada toda la vida

Mireille Guiliano

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Not just another dieting guide, this book about the pleasure of eating without gaining weight has the power to radically alter both mental and physical habits. French women may not get fat, but they do enjoy eating bread, butter, and sweets; drinking wine; and eating three-course meals. Isolating the simple secrets to the seemingly paradoxical ability to enjoy food and stay slender, this guide offers an achievable, delightful, and grounded vision of how to develop and maintain a healthy relationship to food.

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