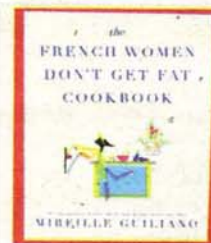


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### FRENCH FLAIR

That elusive “quoi” in “je ne sais quoi” that seems to give French women their unique edge became a bit more comprehensible when Mireille Guiliano gave us the inside scoop in *French Women Don't Get Fat*. She made it clear that the great Gallic gift of eating well and sensuously while keeping fit and trim doesn't come in the form of a strict diet. Rather, French women have an attitude about eating and living, about self-acceptance and balance, that anyone, anywhere, can easily and happily espouse. Now, with **The French Women Don't Get Fat Cookbook** (Atria, \$24.99, 304 pages, ISBN 9781439148969), Mireille returns with the recipes to back up her theory of living life well. I can't tell you that you'll lose weight, but I can tell you that these 123 recipes, flavored with Mireille's charmingly



personal reflections, offer her sensible approach to making pleasurable meals (three a day, s'il vous plaît) that produce maximum results with minimum effort. She's added menus and, bien sûr, a little advice on serving champagne.