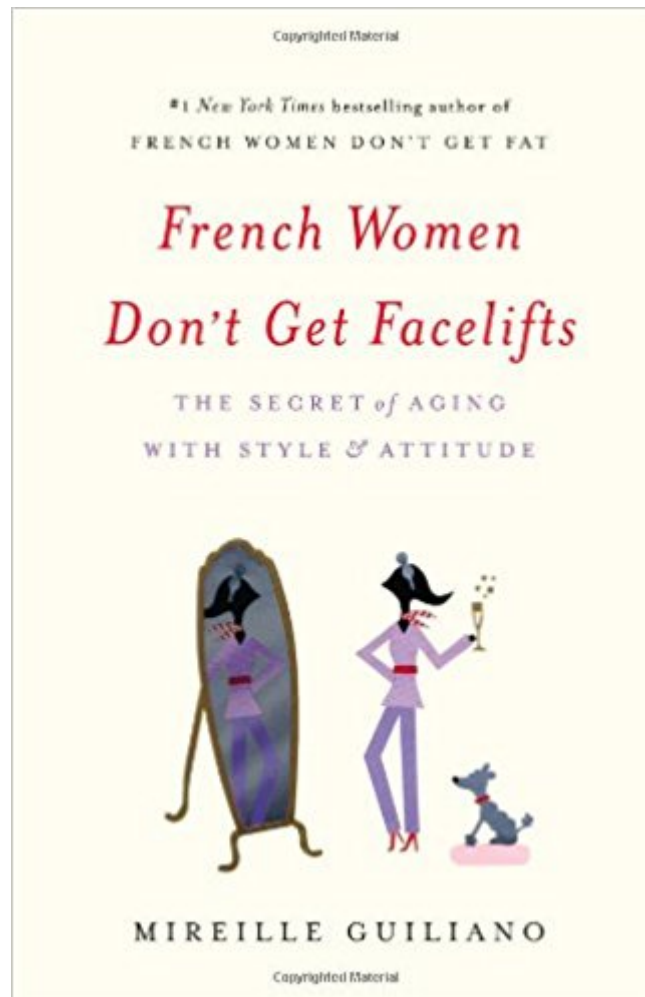


The book was found

French Women Don't Get Facelifts: The Secret Of Aging With Style & Attitude



Synopsis

The author of the bestselling French Women Don't Get Fat shares the secrets and strategies of aging with attitude, joy, and no surgery. With her signature blend of wit, no-nonsense advice, and storytelling flair, Mireille Guiliano returns with a delightful, encouraging take on beauty and aging for our times. For anyone who has ever spent the equivalent of a mortgage payment on anti-aging lotions or procedures, dressed inappropriate for their age, gained a little too much in the middle, or accidentally forgot how to flirt, here is a proactive way to stay looking and feeling great, without resorting to "the knife"-a French woman's most guarded beauty secrets revealed for the benefit of us all!

Book Information

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Customer Reviews

I enjoy reading anything Mireille Giuliano writes and according to this recent addition to her lineup, she is obligated by her publisher for another book beyond this one, which I will look forward to reading. I have a copy of all her previous offerings and look upon time spent with one of her chatty books as a pleasant part of my day. That being said, I got the impression this book was rather hurriedly dashed off between intercontinental trips. It seemed to hit the high spots, wasn't much on detail, and although I can understand a rehash of some of her previous material for the benefit of new readers, I also felt she relied too heavily on past efforts. Frankly, I expected, and hoped for, a little more. So much more could have been done with this book, that would have been helpful, and a number of opportunities were missed to expand what it had to offer. I sincerely hope that her next book will not be a rehash of past material with a different title. My comments follow. Exercise: Walk,

swim, climb stairs, do some yoga. All from previous books. Although she admits to now having added some Pilates exercises to the mix which she does at home, and mentioned strength training, she does not share her new found knowledge or anything of her personal routine with us.

Disappointing. The most worthwhile part of this section was a detailed instruction regarding four yoga breathing exercises, which was very well done. Everything else was short on detail, hit the high spots. Diet: The author's personal diet appears to be primarily vegetable, low protein, low carb, low calorie, heavy on dairy using that for a lot of the protein, which would not set well with a goodly percentage of the readership.

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