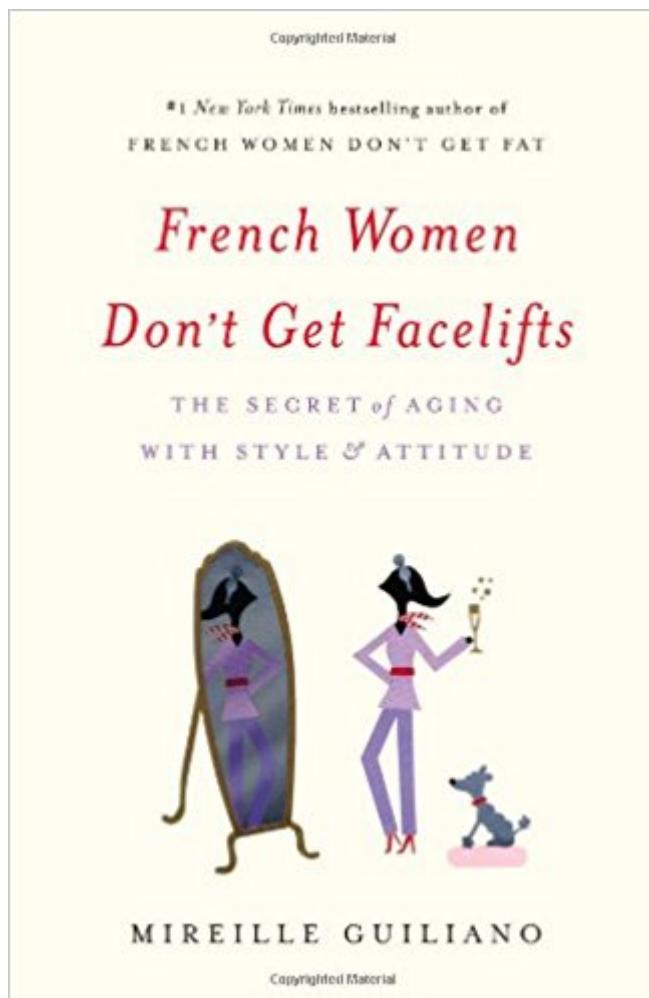


The book was found

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

Hardcover: 272 pages

Publisher: Grand Central Life & Style (December 24, 2013)

Language: English

ISBN-10: 1455524115

ISBN-13: 978-1455524112

Product Dimensions: 5.8 x 1 x 8.5 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 starsÂ See all reviewsÂ (123 customer reviews)

Best Sellers Rank: #148,823 in Books (See Top 100 in Books) #20 inÂ Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #129 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Style & Clothing #14919 inÂ Books > Self-Help

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 authorâ™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.

[Download to continue reading...](#)

French Women Don't Get Facelifts: The Secret of Aging with Style & Attitude Attitude: Discover The True Power Of A Positive Attitude (Positive Attitude, Eliminate Negative Thinking, How A Good Attitude Can Make You Happy) Style: The Lady's Guide to French Style, Fashion and Beauty- Get Dressed to Look Charm and Elegant (French Chic, Sense of Style, Style, Style Books, Style ... Dressed, Look Hot, Look Fabulous Book 1) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) A Romance with French Living: Interiors inspired by classic French style Chic & Slim Toujours: Aging Beautifully Like Those Chic French Women Larousse Pocket French-English/English-French Dictionary (English and French Edition) Larousse Pocket Student Dictionary French-English/English-French (French and English Edition) Have a New Kid by Friday: How to Change Your Child's Attitude, Behavior & Character in 5 Days Access with Attitude: An Advocate's Guide to Freedom of Information in Ohio Adjusting the Girlfriend's Attitude (Bimbo Attitudes Book One) Positive Thinking, Be Happy, and Change Your Attitude with Self-Hypnosis, Guided Meditation, and Subliminal Affirmations Collection - Four Books in One (The Sleep Learning System) Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An Attitude of Gratitude (Five Minute Journals) (Volume 1) Shadowrun Attitude (Shadowrun (Catalyst)) Anti-Aging Skin Care: Anti-Aging Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process, The Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics Naturally Reverse The Aging Process: Look 10 Years Younger Using These Anti Aging Secrets

[Dmca](#)