



Las francesas no engordan: Los secretos para comer con placer y mantenerse delgada toda la vida (Spanish Edition)

Mireille Guiliano

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Elegante, convincente, sabio, gracioso... y oportuno: así es este nuevo libro que no te obliga hacer dieta, pero que podría cambiar tu manera de pensar y de vivir de manera radical.

Las francesas no engordan, pero disfrutan de panes y pasteles, beben vino y cenan comidas de tres platos. Al descifrar los sencillos secretos de esta “paradoja francesa” –cómo hacen para disfrutar de la comida sin dejar de ser delgadas y sanas–, Mireille Guiliano nos ofrece una visión actual y encantadora acerca de la salud y la comida.

Cuando era una adolescente, Mireille fue de Francia a Estados Unidos para estudiar, y regresó con muchos kilos de más. Afortunadamente, el “doctor Milagro”, su bondadoso médico de cabecera, fue su salvador. La reintrodujo en los principios clásicos de la gastronomía francesa, ayudándola así a recuperar la silueta e incorporar una nueva manera de enfocar su relación con la comida, la bebida y la vida. ¿En qué consistía la clave? No en sentirse culpable y sufrir privaciones, sino en aprender cómo sacar el máximo provecho de los alimentos que más te gustan.

He aquí una manera alegre y positiva de permanecer delgada, los secretos más preciosos de una cultura adaptados al siglo XXI. ¿Una vida tomando vino, pan e incluso chocolate... sin pecar ni sentirse culpable? *¿Pourquoi pas?*

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