



Lessons From France: Eating, Fitness, Family

By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve

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Collectively, the three American authors have clocked more than 60 years in France, became much fitter in their 40s than they were in their 20s and increased the pleasure in their lives - all without deprivation! As professional journalists and writers, their articles on well-being, health, style, fashion, and women's lifestyles have been read by millions across the globe! And now they bring their experience to you!

"Lessons From France" will teach you how to get fitter, slimmer and keep your family healthy, French style. Get tons of tips, recipes, nutritionist advice, and secrets straight from their girlfriends, all intertwined with cultural tidbits and insider information! Plus recipes from celebrity chef Laura Calder and leading French nutritionist Maia Baudelaire! Added bonus: certified trainer Celine Jeanneaux shares her 12-week fitness program for women with no extra time!

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Bibliography

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Editorial Review

Review

"The best life is a balance between pleasure and well-being. France taught me how to do this. And now 'Lessons From France' teaches you too!"

-LAURA CALDER, CELEBRITY TV CHEF, AUTHOR OF COOKBOOK "PARIS EXPRESS"

"As a nutritionist, I teach women how to eat healthy, delicious food to obtain optimum well-being. Allowing yourself treats is essential too! This guide tells you how to do it!"

-MAIA BAUDELAIRE, LEADING FRENCH NUTRITIONIST AND FOUNDER OF NUMBER ONE FRENCH ONLINE WEIGHT-LOSS CENTER FOR WOMEN

"Feeding your family delicious, healthy food doesn't have to be complicated or take the whole day. This book outlines the essentials and teaches you how French women do it!"

-CAMILLE LABRO, FRENCH JOURNALIST LE MONDE NEWSPAPER, FOOD BLOGGER AND AUTHOR

"A good workout doesn't have to involve two hours in the gym or grueling activity. French women have it figured out. They fit enjoyable physical activity into even the busiest of days! This book explains how they do it...and keep so fit!"

-MICHELE GORDON, FOUNDER MISS MOTIVATIONAL, PERSONAL TRAINER, GROUP EXERCISE INSTRUCTOR, MOTIVATIONAL SPEAKER

About the Author

Rebeca is the founder of women's well-being community Fit to Inspire. The community inspires women to greater well-being and fitness whatever their age, shape or size. The Fit to Inspire philosophy is simple: moderation not deprivation, fostering friendships, pleasure not pain, and making fitness accessible and fun.

She is a regular Huffington Post and MindBodyGreen well-being contributor. Her well-being articles have also been featured in Salon, EatLocalGrown, Business Insider, KrisCarr.com, Australia's News.Com, The Elephant Journal, and the world's largest independent travel site Matador Network, amongst others.

Rebeca's posts about eating and moving like the French have had more than a million shares on social media since 2014. Her book "Lessons From France: Eating, Fitness, Family" discusses the simplicity and efficiency of well-being in France, and guides readers into adapting these principles to increase overall well-being and pleasure.

Rebeca has lived in France for more than 15 years; she and her husband are raising three children in the Southeastern corner of France, near the Alps. Her personal philosophy of eating, fitness and well-being are heavily influenced by the moderate approach to life embraced by the French. She is an advocate of sit-down family meals, outdoor family activities, and keeping life as simple as possible.

Users Review

From reader reviews:

Jonathan McLean:

Typically the book *Lessons From France: Eating, Fitness, Family* has a lot of knowledge on it. So when you make sure to read this book you can get a lot of help. The book was authored by the very famous author. The author makes some research before write this book. This particular book very easy to read you will get the point easily after reading this article book.

Edward Baca:

This *Lessons From France: Eating, Fitness, Family* is fresh way for you who has interest to look for some information mainly because it relief your hunger of knowledge. Getting deeper you onto it getting knowledge more you know or you who still having bit of digest in reading this *Lessons From France: Eating, Fitness, Family* can be the light food to suit your needs because the information inside that book is easy to get by anyone. These books develop itself in the form which can be reachable by anyone, that's why I mean in the e-book web form. People who think that in publication form make them feel drowsy even dizzy this e-book is the answer. So there is not any in reading a reserve especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss it! Just read this e-book variety for your better life along with knowledge.

Michael Burr:

What is your hobby? Have you heard in which question when you got scholars? We believe that that concern was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person like reading or as looking at become their hobby. You should know that reading is very important along with book as to be the issue. Book is important thing to add you knowledge, except your personal teacher or lecturer. You find good news or update regarding something by book. Many kinds of books that can you go onto be your object. One of them is this *Lessons From France: Eating, Fitness, Family*.

Lorna Dews:

A lot of people said that they feel fed up when they reading a book. They are directly felt this when they get a half areas of the book. You can choose the book *Lessons From France: Eating, Fitness, Family* to make your personal reading is interesting. Your own personal skill of reading talent is developing when you just like reading. Try to choose simple book to make you enjoy to see it and mingle the idea about book and reading through especially. It is to be first opinion for you to like to open up a book and study it. Beside that the reserve *Lessons From France: Eating, Fitness, Family* can to be your brand new friend when you're feel alone and confuse with the information must you're doing of their time.

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