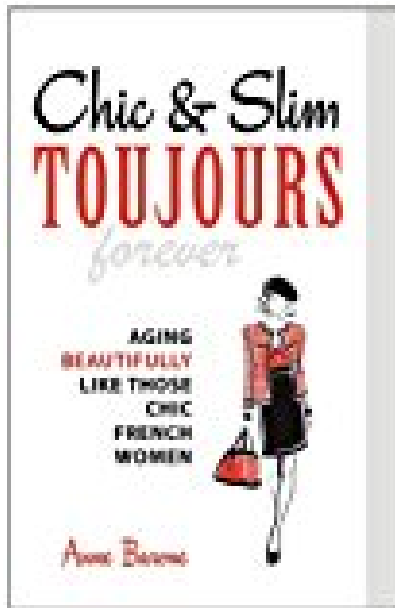


# Chic & Slim Toujours Aging Beautifully Like Those Chic French Women

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## BOOK DETAILS

- Author : Anne Barone
- Pages : 156 Pages
- Publisher : The Anne Barone Company
- Language : English
- ISBN : 1937066096

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## **BOOK SYNOPSIS**

How do those chic French women eat all that chocolate, cheese and pastry and all that delicious French bread and still stay slim? They don't count calories. Few go to a gym. Is their slimming secret chic personal style? In *Chic & Slim: how those chic French women Eat All That Rich Food And Still Stay Slim*, author Anne Barone shares French secrets to dressing chic and staying slim. After a quarter century struggling with excess weight, in her mid-20s, Anne Barone used techniques she learned from chic French women to lose 55 pounds. With her *Chic & Slim* system her translations of those techniques designed for life outside France she has stayed slim more than 40 years. In *Chic & Slim*, Anne Barone shows women everywhere how they can eat as well, yet stay as slim as chic French women.

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