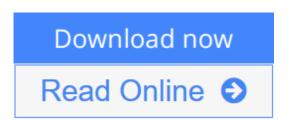


## Lessons From France: Eating, Fitness, Family

By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve



**Lessons From France: Eating, Fitness, Family** By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve

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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#### **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:

#### **Patricia Ables:**

Do you have favorite book? In case you have, what is your favorite's book? Publication is very important thing for us to understand everything in the world. Each e-book has different aim as well as goal; it means that guide has different type. Some people really feel enjoy to spend their the perfect time to read a book. They can be reading whatever they consider because their hobby is definitely reading a book. Why not the person who don't like reading through a book? Sometime, person feel need book once they found difficult problem or perhaps exercise. Well, probably you should have this Lessons From France: Eating, Fitness, Family.

#### Lisa Auyeung:

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#### Isaias McGee:

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#### **Ellen McNulty:**

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