



Lessons From France: Eating, Fitness, Family

By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve

Download now

Read Online 

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!

 [Download Lessons From France: Eating, Fitness, Family ...pdf](#)

 [Read Online Lessons From France: Eating, Fitness, Family ...pdf](#)

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!

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

- Sales Rank: #128395 in eBooks
- Published on: 2015-06-21
- Released on: 2015-06-21
- Format: Kindle eBook

 [Download Lessons From France: Eating, Fitness, Family ...pdf](#)

 [Read Online Lessons From France: Eating, Fitness, Family ...pdf](#)

Download and Read Free Online Lessons From France: Eating, Fitness, Family By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve

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:

Here thing why this particular Lessons From France: Eating, Fitness, Family are different and trustworthy to be yours. First of all reading through a book is good nevertheless it depends in the content of the usb ports which is the content is as yummy as food or not. Lessons From France: Eating, Fitness, Family giving you information deeper including different ways, you can find any e-book out there but there is no guide that similar with Lessons From France: Eating, Fitness, Family. It gives you thrill reading through journey, its open up your own personal eyes about the thing which happened in the world which is maybe can be happened around you. You can easily bring everywhere like in playground, café, or even in your technique home by train. In case you are having difficulties in bringing the printed book maybe the form of Lessons From France: Eating, Fitness, Family in e-book can be your option.

Isaias McGee:

Nowadays reading books become more and more than want or need but also get a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge the actual information inside the book this improve your knowledge and information. The information you get based on what kind of e-book you read, if you want send more knowledge just go with training books but if you want truly feel happy read one along with theme for entertaining such as comic or novel. Often the Lessons From France: Eating, Fitness, Family is kind of book which is giving the reader erratic experience.

Ellen McNulty:

A lot of guide has printed but it is unique. You can get it by world wide web on social media. You can choose the top book for you, science, witty, novel, or whatever by means of searching from it. It is named of book Lessons From France: Eating, Fitness, Family. You can include your knowledge by it. Without causing the printed book, it could possibly add your knowledge and make anyone happier to read. It is most crucial that, you must aware about reserve. It can bring you from one spot to other place.

Download and Read Online Lessons From France: Eating, Fitness,

**Family By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve
#G0TYDF46AXH**

Read Lessons From France: Eating, Fitness, Family By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve for online ebook

Lessons From France: Eating, Fitness, Family By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Lessons From France: Eating, Fitness, Family By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve books to read online.

Online Lessons From France: Eating, Fitness, Family By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve ebook PDF download

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

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

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

G0TYDF46AXH: Lessons From France: Eating, Fitness, Family By Rebeca Plantier, Tina Isaac-Goize, Meredith Keeve