



# Losing It In France-Les Secrets Of The French Diet

*Sally Asher*

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## **Losing It In France-Les Secrets Of The French Diet** Sally Asher

Including wonderful recipes for classic French dishes, Sally Asher chronicles her transformation from a mindless, emotional eater with a weight challenge to a woman who listens to the innate wisdom of her body in order to lose weight safely with balance, moderation and variety. During her years in France, Sally found the courage to quit dieting and master the art of intuitive self-care. She describes the secrets she learned from the French about how to enjoy gastronomic pleasures and lose weight at the same time.

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