



The French Don't Diet Plan: 10 Simple Steps to Stay Thin for Life

By Dr. William Clower

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Wouldn't you rather savor a buttery croissant instead of inhaling an artificially flavored diet shake? Isn't taking a relaxing stroll preferable to pounding out early morning miles on the treadmill? The French live this way, yet stay thin and healthy. Now, with *The French Don't Diet Plan*, you can, too!

In his groundbreaking book, *The Fat Fallacy*, Dr. Will Clower was the first to present a theory of how the French maintain low obesity and heart disease rates despite their seemingly "unhealthy" lifestyle. Dr. Clower learned that the French don't worry about dieting but rather are more concerned with how they eat. That means paying attention to the taste, pacing, and enjoyment of meals, instead of counting calories, cutting fat and carbs, or taking guilt trips to the gym.

With The PATH, his revolutionary weight-loss plan, Dr. Clower has helped thousands of people lose weight, lower cholesterol, and increase energy. Now, in *The French Don't Diet Plan*, Dr. Clower shows how easy it is to incorporate his remarkably effective techniques and the French lifestyle into a busy American day.

Dr. Clower has found that natural foods have overwhelmingly been pushed out of the American diet by what he calls "faux foods": processed, additive-filled convenience products, often marketed as healthy with buzzwords like low fat and low carb. In addition, mealtimes should be a slow, sensual break for the body and mind—not a face-stuffing frenzy while standing up in the kitchen or sitting behind the wheel. As a result of such habits, Dr. Clower says, we are not eating what our bodies need, and we're eating in a way that is not conducive to proper digestion. Science shows this precise combination of factors causes weight gain.

The French approach is about taking the time to enjoy real food without guilt or deprivation. Not only a successful path to becoming thin for life, *The French Don't Diet Plan* will help you put joie de vivre back into your relationship with food.

The Most Delicious and Decadent Way to Lose Weight

- Formerly forbidden foods, welcome back! Learn why butter, cheese, bread, and chocolate are health foods that keep hunger at bay. . . . See Step 2.
- Spend more time eating! Discover why you should plan on having seconds and make meals last longer. . . . See Step 5.
- Hate to work out? Find out why you don't have to exercise to lose pounds—and how relaxation can help keep weight off for good. . . . See Step 10.
- Now you're cooking. Enjoy dozens of easy recipes for satisfying comfort foods, from Hot Artichoke-Cheese Dip to Creamy Alfredo Sauce, and Double-Almond Biscotti to Practically Flourless Chocolate Cake. . . . See Easy Recipes for Fabulous Foods.

From the Hardcover edition.

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Editorial Review

From Publishers Weekly

While it may have once been true that the French have no weight problems, that's no longer the case: at the current rate, the French could be as fat as Americans by 2020. Neurophysiologist Clower (*The Fat Fallacy*) acknowledges only research supporting his premise, however, in this more pragmatic version of the bestselling *French Women Don't Get Fat*. Clower picks apart our bad habits and replaces them with healthier (and, incidentally, "French" ones), pushing, for instance, the French habit of obtaining calcium from food rather than supplements, quoting data indicating supplements are linked to kidney stones. In another example, he pits the French practice of eating butter against the American penchant toward margarine, citing butter as healthier. He later admits this is only true if you eat a little butter (eat a little margarine and the results will be similar). And so it goes throughout this sentimental homage to the French. The advice is, at heart, sound: eat fresh foods and smaller portions, and exercise more. Readers who would like to accomplish this nibbling Camembert while walking along the Seine will be pleased, although a stroll through the American food pyramid will net similar, though admittedly less romantic, results. (*On sale Apr. 11*)

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Review

Praise for Dr. Will Clower's *The Fat Fallacy*

"How is it that the French eat better and stay thinner than Americans? This book is the most complete and convincing answer I've ever seen." —Peter Mayle, author of *A Year in Provence*

"Times have changed and so has nutritional advice. . . . *The Fat Fallacy* tells you how to eat delicious food again and still be healthy." —Dean Edell, M.D., author of *Eat, Drink, and Be Merry: America's Doctor Tells You Why the Health Experts Are Wrong*

From the Hardcover edition.

About the Author

Dr. Will Clower is an award-winning neurophysiologist who spent two years as a research fellow at the Institute of Cognitive Sciences in Lyon, France. He is founder and president of Mediterranean Wellness, Inc., which administers The PATH Healthy Eating and Weight-Loss Curriculum adopted by corporate clients across the United States. He has been featured or quoted on the French lifestyle in print publications such as *Marie Claire*, *Woman's World*, and *Fitness*. Dr. Clower lives in Pittsburgh.

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