



French Secrets about Diet, Fitness & Wellness

Lesleigh Kivedo

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From Reader Review French Secrets about Diet, Fitness & Wellness for online ebook

Jeanine says

I won this book as a kindle as a giveaway on Goodreads.com. This is such a great little book. The information is basically anecdotal, but the book is full of lots of little reminders like - drink more water, take the stairs, don't snack but rather look forward to a meal with loved ones, etc. There are also lots of mentions about the power of changing your attitude and not worrying about what others think. Kivedo also talks about the lack of a gym culture in Paris. Fitness is more part of every day living in the City of Light. Loved reading about "Conquer Your Day" where people meet up around Paris and do cardio together - these are no fitness experts, just folks supporting each other in their wellness efforts. You can drill down on this link here - what a great idea.

<http://www.nobubblegum.com/en/meet-pa...>

This is a quick, fun read with a number of fun easy recipes. In good health!

Stephanie Schummer says

I won this book as a Kindle giveaway on Goodreads. And if I did not win it, I would have happily purchased this book. Nothing in here is new or groundbreaking and that's ok. That's the beauty in it. This lifestyle has worked for generations of women in France, so this is neither a fad nor a diet. It's a change to the way we think about food and activity. I have been guilty far too long of looking at food as something to simply fill the void. Americans focus on work and everything else before their own bodies and needs, especially women. This is a nice reminder of how to you can take care of yourself while still 'doing it all'. I liked this particularly because it read as if it was written by a good girlfriend who was thrilled to share this amazing discovery with me. It's as if she were saying "Can you believe this actually works?!" It was a very quick read and paired with the writing style, more of the information may be committed to memory. There are lots of tips on how to incorporate this lifestyle into your daily life. All in all, I enjoyed this book and will refer back to it frequently.

Gloria Zak says

I liked the book. I loved the simplistic style of the writing. It is an easy read with lots of interesting ideas. I like best that there are many ideas on how to tweak diet and lifestyle and to feel good about yourself. The suggestions did not require a big monetary investment, just offered simple, Every day solutions to be the best each of us can be.

The simple things: taste everything, don't eat everything; drink plenty of water, walk - the easiest and cheapest exercise in the world; take time to enjoy the food. I am going to try to incorporate each of these ideas into my daily routine over the next month and see what changes occur.

Thank you for an easy to read and inciteful book.

I received this book as a free giveaway from goodsreads and Ms Kivedo.

Laurie says

I won a Kindle copy of this through a Goodreads Giveaway. The funny thing is I don't even remember entering to win, but glad and thankful I did. This was just an interesting little read nothing profound for a self-help book. Cute with some entertaining little facts about French culture and their dieting habits. Some obvious tips like drink lots of water, always take the stairs. I liked the comparisons of American exercise practices to the French. Can't say I had an epiphany about dieting or my body after this but it was a short read. I immediately wanted to eat cheese and drink wine, all in moderation of course.
