



How to be Slim and Healthy: A French-inspired journey to slimness and good health (How to be Chic Book 3)

Fiona Ferris

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I've often sighed to myself 'if only I'd been brought up in France, I wouldn't always be trying to figure out this diet thing because I would have grown up with a much healthier view on eating'.

Whether that's true or not I don't know, but I do know that many French (and other European) people I've met over the years have a very different take on eating and are for the most part slim and healthy.

How to be Slim and Healthy is a collation of mini-essays from my blog How to be Chic, focused on the topic of blending the European way of eating into my own life, for pleasure, slimness and good health.

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