



Chic & Slim Toujours: Aging Beautifully Like Those Chic French Women

Anne Barone

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Women today want to look chic and stay slim. Toujours. Forever. Maintaining a healthy, attractive appearance from the time a woman's body begins its mid-life changes into advanced senior years takes know-how. Anne Barone, who told you how those chic French women eat all that rich food and stay slim, now shares chic French women's secrets for aging beautifully. In CHIC & SLIM TOUJOURS, you learn how you can look chic and stay slim as those ooh-la-la chic French women of certain age. Toujours. Forever.



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