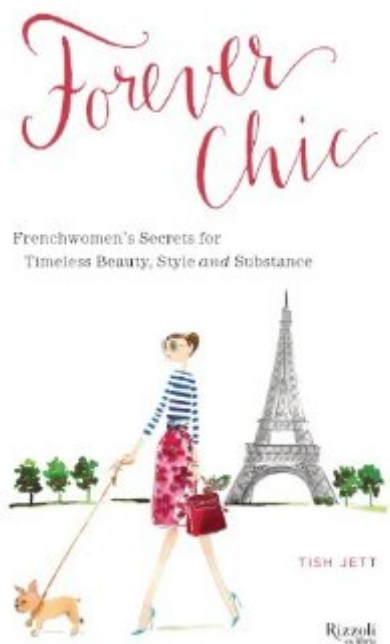


The book was found

Forever Chic: Frenchwomen's Secrets For Timeless Beauty, Style, And Substance



Synopsis

For any woman who last saw forty on her speedometer comes a sparkling new primer for aging "the French way" with grace and style. Frenchwomen of a certain age (over forty) are captivating and complex. They appear younger than their years and remain stylish throughout their lives. They look at birthdays as a celebration of a life well-lived and perhaps a good reason to go shopping before they dress to perfection for a celebration of another anniversaire. American-born journalist and blogger Tish Jett has lived among the French for years and has studied them and stalked them to learn their secrets. Exploring how their wardrobe, beauty, diet, and hair rituals evolve with time and how some aspects of their signature styles never change, Jett shows how Frenchwomen know their strengths, hide their weaknesses, and never talk about their fears, failures, or flaws. After all, in France, beauty, style, and charm have no expiration dates!

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Customer Reviews

Terrific new book in the whole francophile genre. I just got it delivered to my kindle, and have skimmed thru it. Each chapter takes a look at how French women handle different aspects of feminine life from skin care to clothing, diet, exercise and far more. This is a grown up version of

Helena Frith Powell's "All You Need to be Impossibly French" intended for the over 40 crowd. It is a longer version of Anne Barone's Chic and Slim Toujours; Aging Beautifully the French Way. It doesn't copy either author, it adds to the information and complements it. The preface starts by asking what age has to do with anything really? She briefly explains her move to France for 2 years that morphed into 25 and still going as she met and married a charming French man. Like others before her, she looked around her and saw a different landscape. She liked how French women around her approached life, and set out to find what they were doing that made them a bit more attractive, different, worth emulating. As she covers each subject she uses a lot of different sources from dermatologists to her French girlfriends. The information is extensive and each chapter had new stuff I've not bumped into before.. This is an excellent new book in what is becoming a crowded field. Entire books are written on the French diet, and her chapter summarizes much of that wisdom, but she gives fresh good advice. Even if you own Helena Frith Powell, Debra Ollivier, Anne Barone, Mireille Guiliano, Jennifer Scott and Marie-Anne LeCoeur you will not be disappointed in this new book. Chapter 1 begins with Allure. A very French concept and one that encompasses the whole person, brains, soul, heart and body. What goes on inside, makes a great difference to the attractiveness of the whole package.

This book has some good advice for women who want to age well and with savoir faire. Women often take care of everyone else but themselves. The instructions on aircraft to put on your own oxygen mask before assisting someone else (take care of yourself first) holds true of 'real life' situations. This book is full of encouragement to women to take good care of themselves. The advice to eat well but sparingly, go very light on alcohol, drink lots of water, exercise, cleanse and moisturize your skin religiously, don't overdo makeup, get a flattering haircut, do as much "investment dressing" as you can afford, take care of the clothing and shoes that you have, and stay engaged and informed with the world around you is terrific advice for everyone. Also, if you do these things, you end up saving time and money. A few well-chosen outfits can last for years with good care and you can jazz them up with accessories that do not have to be pricey. Exercising and watching what you eat and drink keeps you healthy; it also means that you will be able to fit into those well-chosen outfits for longer, which saves money. A flattering haircut that works with your hair rather than against it means you will look good without constant fussing and using a lot of hair products. Good skin care means you spend less money on makeup because you will use less of it. Streamlining your makeup routine saves time and money. Keeping up with world events and cultural activities will enrich your life and make you an interesting person to be with. Et cetera. This is sound,

practical advice, and the French are noted for their practicality.

I gave Forever Chic three stars, not because it wasn't nicely written, and surely not because there wasn't a fair amount of advice to women about being best they can be. That said, this book contains most of the same advice as in all the books written recently about the style and grace of French women. Out of curiosity, I also read others on the subject as well, giving advice that goes like this: French women dress well, put things together well, buy the best of clothing and accessories, but not in abundance. They entertain wonderfully, have their linens in order, skin care products are important, as is exercise, a good diet, and they maintain a mysteriousness about themselves. I know many American women who have never been to Paris, and have no aspirations to live like a French woman, and yet they possess the very same qualities. It seems as though if they refer to French women, the book takes on more appeal. This is a popular theme for selling books right now. It's almost as though the authors are giving credit to French women for having style, grace, dignity and poise, and it sells. If you read Forever Chic, and if you read Chic & Slim Toujours, Madame Chic, French Women Don't Get Facelifts, and The Gospel According to Coco Chanel, the words are arranged differently, but the message is the same. I think the authors are missing vital points. These French women who live so graciously are sophisticated women with financial means.

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