



French Women Don't Get Facelifts: The Secret of Aging with Style & Attitude

Mireille Guiliano (Visual Art)

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The author of the bestselling *French Women Don't Get Fat* shares the secrets and strategies of aging with attitude, joy, and no surgery.

With her signature blend of wit, no-nonsense advice, and storytelling flair, Mireille Guiliano returns with a delightful, encouraging take on beauty and aging for our times. For anyone who has ever spent the equivalent of a mortgage payment on anti-aging lotions or procedures, dressed inappropriate for their age, gained a little too much in the middle, or accidentally forgot how to flirt, here is a proactive way to stay looking and feeling great, without resorting to "the knife"-a French woman's most guarded beauty secrets revealed for the benefit of us all!

French Women Don't Get Facelifts: The Secret of Aging with Style & Attitude Details

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From Reader Review French Women Don't Get Facelifts: The Secret of Aging with Style & Attitude for online ebook

Kathe says

The question is, why did I finish this book? In my own defence, I started it because... I was working on a gruelling project and wanted something "light" to read when my brain was tired, and I quite liked the first book in this franchise, French Women Don't Get Fat, which I read for a foodie discussion group several years ago.

The trouble with franchises is that sometimes the author says everything she has to say in the first book. If the first book is a best-seller, the publisher sees dollar signs in front of their eyes and sits down with the author to see how far they can milk the concept. I thought there might be a few gems in this one, which is subtitled "Aging with Style and Attitude." Reader alert: not really. The book is pretty much an off-the-top-of-her-head rehash of her life and several of her friends'. Every so often she remembers to substantiate one of her blanket statements, and then launches into some heavy-handed research. Very odd. And then there was the 264-word sentence (yes, I had to count)...

Well, there are discussions of plastic surgery (no - I agree), high heels (not after a certain age - I say never), drinking (she says cut back), wearing unrelieved black after a certain age (she says no - I agree), but no blinding insights, alas. Eat less, move more, sleep more, feel "bien dans sa peau" - I'd pretty much figured those ones out for myself.

She thanks her editors at the end, but I can assure you no competent copyeditors were involved in the production of this book. "Tenant" for "tenet," "adverse" for "averse"... you get the picture.

Luckily, the book is short, and a quick read because there are whole swathes of pages you can skim. I leave you with a sample sentence: "And, on my part, a weird added element has been that I remain a bit intimidated by my man's super intelligence."

Fani *loves angst* says

4.5 stars

"French women don't get facelifts" is my second book about French women's tips and tricks towards style and nonchalance, and I have to say a great improvement on the first one I read. While this book was mainly geared towards a more mature audience, the first three quarters contained tips and tricks that also apply to younger women (as in their thirties). Because, as the author briefly mentions at some point, starting a new diet or beauty routine in your sixties... well is a little too late to achieve any drastic results. As I'm now entering into my forties, I found most parts of the book to be rather useful to me; it was only the last 2-3 chapters that deal just with older people's issues, like menopause.

There's a little bit of everything here: style for starters. The author claims that women after 40 shouldn't wear too short skirts, quality in shoes and coats pays off in the long term, or that torturing oneself with super high heels is just not worth it, because in the end, a stylish woman is a woman that feels well in her clothes. On the other hand, she insists (as many doctors already have) that spending hundreds of dollars on super serums

every year, is not going to make that big of a difference (if any) and a simple hydrating cream is all you need. There are articles on makeup, exercising as a part of your life, hobbies, socializing, diets, anti-aging food recipes, supplements that you might need as you get older and whether to stop working completely or not after retirement.

I didn't always agree with everything she wrote; that would be impossible I believe. But I did find some great ideas about what to do in certain areas (like which clothes to invest money in), was convinced of how right(!) I am in others (avoid diets, just eat healthy foods and reduce portions to stay in shape), was motivated to add a few tips in my daily life (drink more water), and all in all, had a great time. It's apparent that the writer is a woman that's vibrant and very active, full of love for life, and that alone makes the reader see life in a positive, empowering light too. I liked reading the stories about her friends, her own life, which made the book feel more like a personal conversation between reader and writer, than a cold manual, or even a series of anecdotes sewn together just to show how popular and well connected the writer is (which is exactly the case with that other *Francophile* book I read).

I wish this book also came out in Greek too; I'd love to gift it to my mother who doesn't speak English. I do believe that most ladies of a certain age would find things that concern them here, or just benefit from its uplifting aura. However, if you're in your mid-thirties, I do think there're a few tips that wouldn't go amiss either, because healthy eating and lifestyle are things that interest everyone. This would make an excellent gift for most women, and something that you'll open and read more than once, checking on different chapters every time. Personally, I'm looking forward to reading her other books, as I could use a little bubbly champagne in my life and that's exactly what this book feels like. (*Note: The author used to be the CEO of Veuve Cliquot. Coincidence? I don't think so.*)

Free ARC provided by NetGalley. This did not influence my review.

Erica Wagner says

Well only a few nuggets here. Repackaging of her Fat book.

Ariadna73 says

This book is some sort of a spin-off from the author's very successful "French women don't get fat". She has the ability to communicate well, and her writing is somewhat entertaining. I would recommend this for a very short flight.

Here is the book I read:

I loved the illustration with the thin woman (a wink to her previous book), the poodle (I hope I got that right this time, last time I tried to spell that breed, an alligator full of teeth bit off half of my virtual face). Very french.

It was published in 2013, when the author was 67, and she surely had already developed a very thick skin. So I feel like I can say anything in this review.

One thing that caught my eye is that she does talk about facelifts, and does not rule out the procedure entirely. She is very french, and she would never impose her views on anyone. She even describes some of the benefits of the available treatments:

She then goes on to -once again- give some culinary advice, which coming from a french person, will always have some value:

And then, there come the breathing exercises. Absolutely interesting and basic. Again, this book is more about having a fun non-transcendental conversation with a person who knows her way with words, than to learning anything new:

She gives us a list of foods to feeling better -mostly common sense, again:

She devotes a number of pages on tellin us how laughter is good an important:

And finally she ends this nice entertaining chat by citing Voltaire, and gardens, and optimism:

Again, I found this book very nice to read, non-stressful and entertaining.

I hoped you liked this entry. If you feel like viewing more of the books I read, you are welcome to visit my blog: <http://lunairereadings.blogspot.com>

Suzanne says

As I had much enjoyed "French Women Don't Get Fat" I had high hopes for this book. I'm the target audience, being of an age when facelifts become a very real possibility. No more perching primly upon the high horse of youth and elastic face-skin. From way up there it is easy to claim that no cosmetic surgeon's scalpel will ever slice along the planes of your face.

The first knock of that horse might come as you sit astride it in front of the mirror and realize that there is skin on your head that has gone entirely unnoticed in previous years, tucked away, as it was, firmly in the recess of the back curve of your chin. It suddenly makes its existence known as a quiet droop by way of guerilla tactics so stealthy and patient that you had no time to brace yourself and down you tumble.

But, Giuliano barely discusses plastic surgery except to kind of grimace at it. That didn't bother me. In spite of the way that all things collagen seem to be abandoning my skin-ship (that's a really disturbing image that I'll come back and correct later) I have no inclination to fix it by means of surgery. I'll take the face I deserve. I've even let my hair go grey to the undisguised disgust of many of my peers. Maybe a little bit because of it, I don't know, I'm never convinced that my motives don't still carry a soupcon of that sort of surly adolescent seasoning.

Giuliano's focus is on diet, fitness, health and wellness, aging with vigor, going not gentle into that good night, and the importance of cutting your hair during a full moon. There is a brief and not entirely dismissive mention of bon#r pills although I do not believe she referred to them that way but I only mention brands in my goodreads reviews when I am compensated for it. There are some recipes and frank discussion of hormone therapy. However, there is scant science (though many mentions of 'studies') and I would redirect your attention to the full moon thing I just mentioned.

And none of it is particularly groundbreaking. Eat lots of different colors. Avoid sweets. Lay off the booze, Grandma. Don't park next to the door of the gym. Take the stairs. Have a purpose. I mean, really nothing new here. I confess I skimmed a good portion of the book.

What I did get out of the book was a look into the next 20 years. I got a wake up call regarding weight creep which I am already experiencing. A pound a year isn't a big deal the first year. But by year 5 you're in a constant struggle, not to lose 5 pounds but to just not gain another 5 pounds. Her assertion that it continues to get worse at an alarming rate right into your 60s is making me take the issue a bit more seriously. I'm not sure that was worth the cost of admission. This would have been a perfectly reasonable book to borrow from the library.

And that is my recommendation to anyone interested in giving this a whirl unless you've been oblivious to all nature of health and wellness for the past 15 years.

Vicki says

I was surprised at how much I liked this book. While all of Ms. Giliano's observations may not be pertinent to my lifestyle, I think she has some great observations and advice on taking care of yourself and aging gracefully. She sounds like an interesting person who accepts herself as she is, makes the most of her choices on being healthy without being obsessive, and who thoroughly enjoys her life, her family and her friends.

Dolly says

I was horrified to discover this morning that I had left home without my book. Whatever would I read during my morning commute? So I went to my local library website and found this book almost immediately and started reading right in my phone's browser.

My mom loves reading books on her phone and I've done this once or twice before, but I have to admit that I typically prefer the feel of a regular old book. Still, I was so happy to have something fun to read.

This is an entertaining and somewhat inspiring book that really encourages the reader to 'age with attitude.' It feels like a fast read (although it actually took me a month to slug through it) and I found some worthwhile nuggets to note below.

While I appreciated her advice, I felt some of it was a bit too preachy and I didn't agree with some of her perspective (but then, I am not French.) I would read a couple of chapters, and then put it down in favor of another book.

I found her thoughts to be insightful, but I got the feeling that she didn't put the time and/or energy into this book that did she for her previous efforts (just a feeling - I haven't read any of her other books.)

Overall, I like her outlook on life and I hope to embrace a couple of her tips, especially concerning style and being radiantly confident and 'bien dans sa peau' (comfortable in my own skin). I may be getting old(er), but I can still strive to be my best.

interesting quotes:

"I was surprised to learn that studies reveal we are the least happy between twenty-five and fifty, with possibly those forty-five to fifty hitting the least happy period and then increasing our satisfais into our seventies. So be sure to celebrate your fiftieth birthday. It marks a new beginning to happiness." (p. 2)

"I prefer to paint first from the inside out, not from the outside in, as a means for aging with attitude." (p. 4)

"Surround yourself with people who are young at heart and take care of themselves, both body and mind...and watch what happens. I promise you'll like the results." (p. 17)

"The French attitude toward this fear is something like, 'I see myself in the mirror for what I am. I accept that, and I am at peace with that; but I will do whatever is in my control to manage the message I send. And then I won't worry what people think. I will take care of myself and cultivate an image that is me at my current best and stay engaged in the world.' That is at the core of French style and aging." (p. 24)

"My mother's idea for seduction and beauty and elegance or being chic was that they are all interrelated, and her motto was simple: 'Be natural, keep your sense of humor, and do whatever it takes to be bien dans sa peau without torturing yourself.' Beauty, like age, is an attitude." (p. 41)

"So much is all about breathing. Absolument." (p. 115)

'...compared with New York, Paris is on a different planet." (p. 121)

"Today, the challenge for most of us remains not living long, but living well." (p. 212)

"These weights keep us firm and balanced and sheltered: (1) good health; (2) a functional social network of friends and family; (3) a solid employment situation; and (4) time, space, rules, and practices for yourself." (p. 219)

"Younger people are positives in a world where positive thinking wins...at least it wins more quality time."

(p. 223)

new word: cataplasme

Rachel says

This is the book that has defeated me in my quest to survey the totality of the French Do It Better genre. I actually enjoyed her other two books that I read much more than I was expecting to, but about halfway through this one I realized that I wasn't getting anything at all out of it, not even the amusement at the genre itself that I've gotten from the other ones (and, like I said, my other reads in this silly mini-genre have actually ended up being more interesting than expected). Maybe part of it is that I'm not really quite in the target demographic yet, but this seemed like she was really reaching to find something to say, throwing out platitudes that everyone has already thought of in prose that needed at least one more once-over, while occasionally hinting at some actual French Woman's Secret that she was going to keep to herself.

Michele says

Eh, this book was ho-hum. Nothing I didn't already know, except that my idea of "dressing for one's age" is not the same as the French. No bright orange or red? No black?! That would eliminate 3/4 of my closet! No cleavage? Stilettos frowned upon. Does not sound the slightest bit fun to me! I agree that women of 70-80 years look silly with their breasts hanging out, tottering around on 4" heels, I don't think the same applies for the 50 - 60 year old set. At least, I hope not, or I'll have to accept being woefully un-chic. So be it.

Judy says

Ho-hum. I meant to read it all, I tried, but it really is not my thing. I sampled and scanned my way through and found it to be pretty much common sense with an emphasis on being comfortable in your own skin and finding joy in life. Don't need to read a book for that. A few of the personal anecdote stories were mildly entertaining. Back to the library you go..

Jane says

I liked her other book "French Woman Don't Get Fat" so I was hopeful with this one. Unfortunately, it was a disappointment. I alternated between thinking that what she said was very obvious or it did not contain enough details to be useful or I flat out disagreed with her. Some examples...Yes, it's best to have a good attitude. Duh. I could use some hints on dressing better for my age but I needed more details please! Don't agree with her position on vitamin D. In fact it made me question her credibility on everything else! I was so relieved when I got to the portion with the recipes because I could skip those pages without feeling like I was cheating. Anyway, I would have been happier if I passed on this entire book.

Carmen says

There's no good opening quote for this.

This is a boring book full of bromidic advice. Don't read this expecting anything you haven't heard a thousand times before: eat healthy, exercise, dress well, stay active mentally, blah blah blah.

This book actually has nothing to do with France. Guiliano could have easily called it *The Secret of Aging with Style and Attitude* but then she wouldn't earn the extra money that mentioning France brings.

As usual, she's is hyper-focused on people's appearances and very judgmental about anyone who doesn't meet her high standards. This can be depressing. She sees people who don't try hard to keep up appearances when they are elderly as 'letting themselves go' - something she even considers breaking up a friendship for. She's 71 FYI. IMO if you have worked hard and long all your life dieting, coiffing, primping, wearing high heels, doing makeup, working, etc. etc. you deserve a break when you are seventy! Jeez Louise. If you can't be comfortable and eat what you want when you are older, and you couldn't be comfortable or eat what you wanted all your life, than what the hell is even the point of life?!?!?!? That's just my two cents. She seems to think you have to keep toiling away at your appearance even into your nineties. I'm not exaggerating, NINETIES. It sounds exhausting, honestly.

I really have nothing to say in this review since that book was SO boring and SO predictable. Only read it if you have never ever seen a magazine article about how to age gracefully and healthily.

After reading Callan, Guiliano isn't bad, actually, but this doesn't deserve more than one star.

Kathryn Bashaar says

Meh. Pretty clear that this author was urged by her publisher to write a follow-up to *French Women Don't Get Fat: The Secret of Eating for Pleasure* and she pretty much phoned it in. 200 pages of vague fluff and mediocre writing. If you want a really good book about how to continue to look presentable into middle age, read *How Not to Look Old: Fast and Effortless Ways to Look 10 Years Younger, 10 Pounds Lighter, 10 Times Better*

Bess says

I tried and tried - but I just couldn't get through it. Having read "French Women Don't Get Fat," and accepting her writing style for what it is, I thought I would enjoy this one, too. Sadly, it was just too too pretentious.

Amelia says

This book would be great if you were 50+ and have spent the last 10 yrs ignoring beauty magazines and "letting yourself go". Otherwise, there isn't much in the way of new information. But I do like the idea of a

book that encourages women to try to age well and with a healthy attitude, instead of fighting it tooth and nail or just giving up completely.
