

**THE FRENCH DIET: 7 STEPS TO LOSE THE WEIGHT,  
7 STEPS TO KEEP IT OFF FOREVER**

Isabelle Meise

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It's weird but true! It couldn't be simpler or easier. After 20 odd years of research Pierre Dukan published his findings in his book *Starting this thing mid-July. Commit to Move More Step 6*. The belt will prompt you to slow down and think about how you're feeling during a meal. Track yourself with a food diary and exercise log—some of the most powerful tools for weight loss. Easy-to-prepare recipes for every meal—featuring nuts, coconut oil, avocados, and lots of other superfoods you thought were "off limits" - you can achieve fast and sustained weight loss. I just flipped through this book to get some ideas.