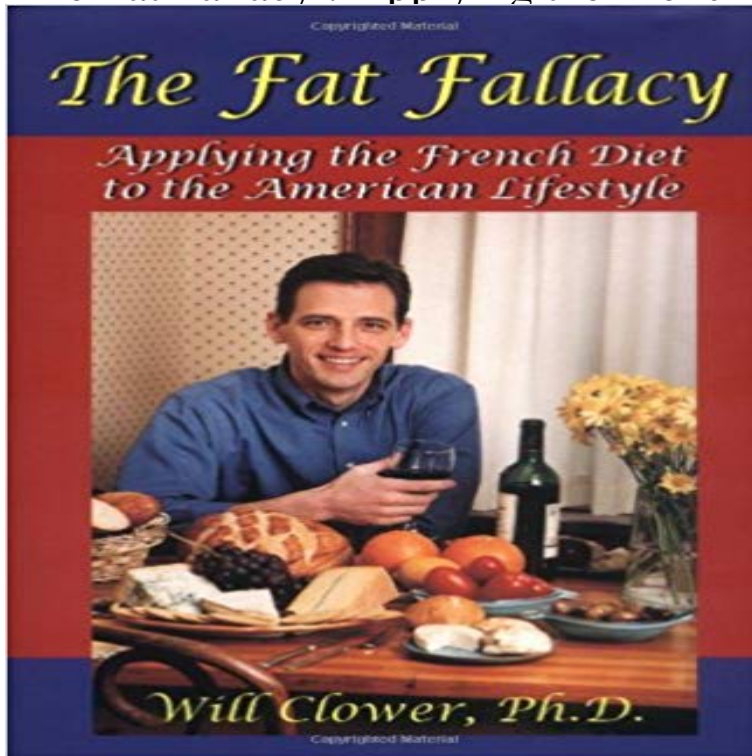


# The Fat Fallacy : Applying the French Diet to the American Lifestyle



The Fat Fallacy shows us not only why the Mediterranean diet makes them thinner and healthier than us, it also tells us how to make that successful and sumptuous diet work in our hurried and harried American lives.

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