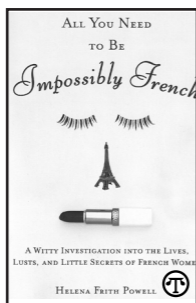


Book Notes

Releasing Your Inner French Woman

(NAPSA)—The allure of the French woman—sexy, sophisticated and glamorous—is more than an eye for fashion or a taste



for elegance. The French *je ne sais quoi* embodies the essential ingredients for looking and feeling beautiful.

With wit, whimsy and wonder, expatriate Helena

Frith Powell uncovers the secrets of chic living in “All You Need To Be Impossibly French” (Plume), a cheeky guide to releasing your inner French woman.

Delving deep into a mysterious realm of face creams, silk lingerie and shopping as exercise, Powell reveals how French women stay impossibly thin and irresistibly sexy by achieving the maximum effect from the minimum amount of effort.

Forget diet and inspiration books and style guides—this is all you need to embrace the wisdom of French living and learn how to turn every day into a small adventure.

“Witty and very elegantly written.”

—The Sunday Times (London)

“A fascinating—and illuminating—read.”

—Daily Mail (London)

This witty investigation into the lives and little secrets of French women is available at bookstores now.