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In my book, The French Twist: Twelve Secrets of Decadent Dining and Natural Weight Management I zeroed in on the French way of eating as a case in point;

Carol cottrill, cnc - pattiknows | patti stanger

consultant with a taste for all things French and author of the book, The French Twist: Twelve Secrets of Decadent Dining and Natural Weight Management.

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Creator: Cottrill, Carol. Publisher: New York : Morgan James

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