

## The Karl Lagerfeld Diet

By Karl Lagerfeld, Dr. Jean-Claude Houdret

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**The Karl Lagerfeld Diet** By Karl Lagerfeld, Dr. Jean-Claude Houdret

"One fine morning I woke up and decided that I was no longer happy with my physique. Although I was overweight, I had gotten along fine and had no health problems. But I suddenly wanted to dress differently, to wear clothes designed by Hedi Slimane....But these fashions, modeled by very, very slim boys—and not men of my age—required me to lose at least eighty pounds....I did not think that it was possible to lose so much weight in one year....[But] in fact, it took me exactly thirteen months."

—Karl Lagerfeld

"Karl Lagerfeld's case is spectacular as it shows how it is possible, through determination and willpower, to return to a harmonious balance even when excess weight is of a long-standing, deeply ingrained nature. I hope that many will be inspired by the example of the slimmed-down, elegant, and indefatigable Karl Lagerfeld to lose either the few pounds they feel should be sacrificed for their happiness or the several dozen pounds that are detrimental to their survival."

—Dr. Jean-Claude Houdret

*The Karl Lagerfeld Diet*, developed exclusively for Karl Lagerfeld by Dr. Jean-Claude Houdret, reveals the secret techniques of Lagerfeld's amazing weight loss regimen. By first addressing the mental and behavioral causes of varying degrees of obesity, this book provides valuable insights and useful tips for preparing the mind and developing the willpower necessary to commit to this diet.

It then provides one hundred twenty gourmet recipes devised by Dr. Houdret, which cover breakfast, soups, starters and salads, eggs, seafood and fish, meat, pasta and pizza, vegetables, sauces, and desserts. Topping it off, Lagerfeld provides his personal tips for staying slim, attractive, and fit with additional chapters on skin care procedures, cosmetic treatments and surgery, general medical care, stress management, giving up tobacco, sleep, and exercise. Both an instructional guide and a motivational coach, *The Karl Lagerfeld Diet* is the ultimate accessory for healthy living.

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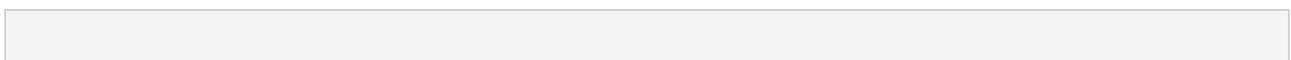
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### Editorial Review

From Publishers Weekly

Famed couturier Lagerfeld was determined to lose weight, not because he was obese or suffered from health problems, but because he wanted to wear clothes designed for younger, slimmer men. His vanity paid off: he lost 80 pounds in a year on the "Spoonlight program." The three phases of the Paris general practitioner Houdret's regime are not exactly groundbreaking—they involve limited calorie intake; no refined, fatty or fried foods; and an emphasis on lean proteins and fresh vegetables. The bulk of the book provides no-nonsense yet elegant (read: French) recipes for approved dishes, rated according to the diet's different phases. So far so good, yet some later sections seem incongruous, especially the ones where Lagerfeld and Houdret discuss face-lifts, and the chapter on exercise is rather strange ("If you really want to change the look of your breasts, you will need cosmetic surgery. To tone them, sprinkle them with cold water every morning and perform the following exercises"). The book is really a hybrid art book/diet manual, and its best chance for success stateside (it has sold nearly 200,000 copies worldwide) may lie in the former. For it appears certain aspects of this diet have been lost in translation. Photos. (May)

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About the Author

Karl Lagerfeld was born in Hamburg in 1939. He is a clothes designer, photographer, publisher, bookseller, and gallery owner. In 1996, he was awarded the "Prix culturel" by the German Photographic Society (Deutsche Gesellschaft für Photographie). Lagerfeld lives in Paris.

Dr. Jean-Claude Houdret is a general practitioner specializing in nutrition, aesthetics, herbal medicine, and homeopathy. He teaches medicine at the University of Paris 13 and is the author of several books, he lives and works in Paris.

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**Frances Williamson:**

The book The Karl Lagerfeld Diet make one feel enjoy for your spare time. You can use to make your capable far more increase. Book can to become your best friend when you getting strain or having big problem with the subject. If you can make examining a book The Karl Lagerfeld Diet to become your habit, you can get a lot more advantages, like add your own capable, increase your knowledge about some or all subjects. You are able to know everything if you like open and read a publication The Karl Lagerfeld Diet. Kinds of book are a lot of. It means that, science publication or encyclopedia or other people. So , how do you think about this book?

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