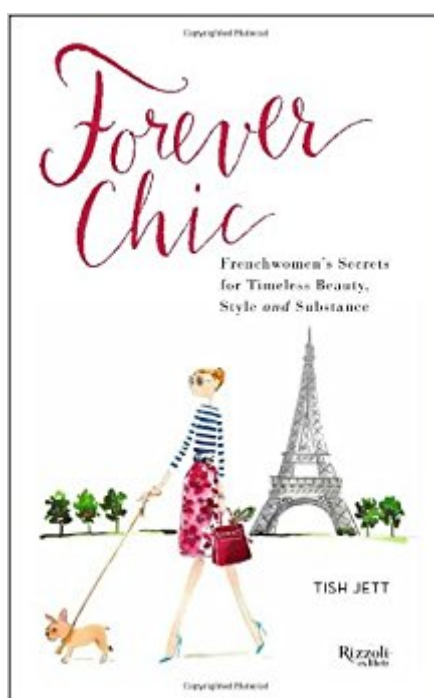


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# Forever Chic: Frenchwomen's Secrets For Timeless Beauty, Style, And Substance



## Synopsis

For any woman who last saw forty on her speedometer comes a sparkling new primer for aging "the French way" with grace and style. Frenchwomen of a certain age (over forty) are captivating and complex. They appear younger than their years and remain stylish throughout their lives. They look at birthdays as a celebration of a life well-lived and perhaps a good reason to go shopping before they dress to perfection for a celebration of another anniversaire. American-born journalist and blogger Tish Jett has lived among the French for years and has studied them and stalked them to learn their secrets. Exploring how their wardrobe, beauty, diet, and hair rituals evolve with time and how some aspects of their signature styles never change, Jett shows how Frenchwomen know their strengths, hide their weaknesses, and never talk about their fears, failures, or flaws. After all, in France, beauty, style, and charm have no expiration dates!

## Book Information

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## Customer Reviews

"French women have an enviable reputation for being svelte, sexy, and stylish and for possessing a certain je ne sais quoi that doesn't seem to diminish with age. Fashion journalist and editor Tish Jett reveals how middle-aged French women remain 'forever chic' in this detailed look at the diet, skin, hair, makeup and exercise regimen of la femme d'un certain age" "this volume provides commonsense and decidedly French head-to-toe beauty routines that yield results. Readers will also learn how to use color, accessories, and figure-flattering clothing to emulate the classic Parisian sense of style. Verdict" "worthwhile and entertaining." Library Journal" "In one

word...Fabulous. The first print run sold out in a flash | now it's back on the shelves and not to be missed." ~VickiArcher.com  
"Forever Chic is more than tips and tricks on being our better physical and stylish selves "it is full of lessons on how to be a better person. The book's strength lies in its anecdotes and wisdom on how women can be more present and committed to living a fuller life of kindness, generosity, openness, and adventure."  
~Women's Voices for Change  
"Haven't you always wondered how [the French] can drink all that wine and eat all that beurre and remain slim and silky? Now comes a book that helps explain why." *Forever Chic*, written by Tish Jett (an American who spent years abroad) shares the secrets of what she calls the French "timeless beauty, style and substance." She spills some of their beauty secrets but also gets to the core of what makes them seem more comfortable in their skin." ~Huffington Post  
"Jett's comments and sprinklings of French give the book a lively personality. Each chapter is indulgent fun." ~Publisher's Weekly  
"Tish has spent years observing the mysteriously intoxicating, and ever stylish French woman | can't wait to begin reading."  
~The Simply Luxurious Life  
"There's wisdom to be had here" ~Vogue Knitting

Tish Jett is a longtime fashion journalist who has worked for the New York Daily News, the Detroit Free Press, Women's Wear Daily, W, the Chicago Tribune, and the International Herald Tribune in Paris, where she eventually became the last editor of American Elle. The author of the blog *A Femme d'Un Certain Age*, Jett lives in France.

Terrific new book in the whole francophile genre. I just got it delivered to my kindle, and have skimmed thru it. Each chapter takes a look at how French women handle different aspects of feminine life from skin care to clothing, diet, exercise and far more. This is a grown up version of Helena Frith Powell's "All You Need to be Impossibly French" intended for the over 40 crowd. It is a longer version of Anne Barone's *Chic and Slim Toujours; Aging Beautifully the French Way*. It doesn't copy either author, it adds to the information and complements it. The preface starts by asking what age has to do with anything really? She briefly explains her move to France for 2 years that morphed into 25 and still going as she met and married a charming French man. Like others before her, she looked around her and saw a different landscape. She liked how French women around her approached life, and set out to find what they were doing that made them a bit more attractive, different, worth emulating. As she covers each subject she uses a lot of different sources from dermatologists to her French girlfriends. The information is extensive and each chapter had new stuff I've not bumped into before.. This is an excellent new book in what is becoming a crowded

field. Entire books are written on the French diet, and her chapter summarizes much of that wisdom, but she gives fresh good advice. Even if you own Helena Frith Powell, Debra Ollivier, Anne Barone, Mireille Guiliano, Jennifer Scott and Marie-Anne LeCoeur you will not be disappointed in this new book. Chapter 1 begins with Allure. A very French concept and one that encompasses the whole person, brains, soul, heart and body. What goes on inside, makes a great difference to the attractiveness of the whole package. This has to do with decisions and priorities. In a sense this chapter and the ninth chapter are the bookends of this book. Chapter one is talking about moving into change from the head and heart on out, while the last chapter pulls it together discussing poise, charm and generally being fun to be around. Chapter 2 covers skin care, from face to body, including nails and feet. Some great advice aimed at over 40 women. Hopefully younger women reading this will remember that and not complain about it. She does give some advice in AVOIDING things like smoking and sun exposure. Apparently a lot of older women in France ARE quitting smoking simply for the sake of their skin. Who knew? I was fascinated by a tip, new to me, about soaking the feet in a bath of warm water, epsom salts and ASPIRINS. Yes, she adds a couple of aspirin to the soak, which soften the hard skin, and helps slough dead skin. Makes perfect sense since Aspirin is also known as Beta Hydroxy Acid or BHA for short in creams and potions that work at loosening dead skin cells. Much more in this informative chapter. Chapter 3 is on Makeup, The focus is building a light, natural look. Chapter 4 on Hair, Cut, condition and colour has some excellent tips by 2 top French colorists which I plan to try soon..Chapter 5 covers Dieting and the art of eating well. This one has a few new wrinkles to the whole French diet paradox but for the most part it's common sense and if you've read widely in this subject, it won't be much new. However it's always nice to hear it stated a slightly different way, and she does add a couple of new things from a French nutrition expert. Chapter 6 is Exercise--and she says yes, as French women age in the baby boomer generation, they have definitely picked up the exercise habits. But you still won't catch them hanging out all day in exercise gear, nor are their exercise get ups baggy, loose or in loud screechy colour combos. As always, they fit well, show off the body that took so much effort, and announce quietly with conviction that this person maintains her style and chic always. Chapter 7 On to the closet and the fabled French wardrobe. Less about the minimalist wardrobe and more about dressing well to suit yourself. Chapter 8 Accessories. How to deploy them effectively. This is another chapter worth the price of the book just for the tips alone. Chapter 9 pulls it all together. I'd call it being fun to be around but the author talks about poise and charm. It's something that is often lost in a white knuckle drive to succeed here in North America. Just how much fun ARE you just to hang out with. Do you put your career and your goals so far in the front that your friends, husband or kids feel they

come a far second. She gets into something I've really only heard Anne Barone get in depth with and that is the intellectual legacy of the salonistes. The art of conversation, the development of the intellect as essential to the whole package as laughter and a warm smile. The epilogue is aptly titled *La Nouvelle Moi, A Work in Progress*. Great book, loved it, and I'm glad I bought a copy. It is a complement to the authors above, and is a welcome addition on my bookshelf.

Who knows why, but for years I have enjoyed reading about French Culture during the winter months. So I've read a bunch, with *Entre Nous* and *Bringing up Bebe* being the most helpful in understanding 'what makes the French different than we Americans?' This book is right up there with those two. Here's why: 1. Tish Jett has done her research. She goes to friends, professionals, experts, & the library to get opinions and statistics. What she writes, then, has validity. 2. She has tried out the Frenchwomen's 'secrets' herself and gives an honest analysis of them, pros as well as cons. 3. Her recommendations are accessible to everyone. Many skin care products are available on or at Walgreens and they are within budget range ..... and even top hair stylists will give you an appt if you save your dollars. 4. Through her writing, Jett comes across as warm, down to earth, knowledgeable about her subject and respectful toward the readers. For sake of comparison let me give one other opinion - I've read all Mireille's books, or should I say, 'I've endured Mireille's condescending, nouveau-riche, elitist' writing to glean helpful information, and she does have some helpful information. But with Mireille, I sense she's really writing an autobiography entitled 'Me, Me, Me and how clever I've been in my life.' I'm actually tired of her voice. Jett's voice, though, is fresh. Even though she writes information that has been written before, there's a twist: she gets specific. This made it an interesting book to read.

This book has some good advice for women who want to age well and with *savoir faire*. Women often take care of everyone else but themselves. The instructions on aircraft to put on your own oxygen mask before assisting someone else (take care of yourself first) holds true of 'real life' situations. This book is full of encouragement to women to take good care of themselves. The advice to eat well but sparingly, go very light on alcohol, drink lots of water, exercise, cleanse and moisturize your skin religiously, don't overdo makeup, get a flattering haircut, do as much "investment dressing" as you can afford, take care of the clothing and shoes that you have, and stay engaged and informed with the world around you is terrific advice for everyone. Also, if you do these things, you end up saving time and money. A few well-chosen outfits can last for years with good care and you can jazz them up with accessories that do not have to be pricey. Exercising and

watching what you eat and drink keeps you healthy; it also means that you will be able to fit into those well-chosen outfits for longer, which saves money. A flattering haircut that works with your hair rather than against it means you will look good without constant fussing and using a lot of hair products. Good skin care means you spend less money on makeup because you will use less of it. Streamlining your makeup routine saves time and money. Keeping up with world events and cultural activities will enrich your life and make you an interesting person to be with. Et cetera. This is sound, practical advice, and the French are noted for their practicality. However, what I find ludicrous is the idea that women in France--or to be precise, women of a certain socio-economic and educational level in the French capital--are the only ones who live this way. I live in Washington, DC, and I see many women of a certain age who are slim, dressed nicely (which doesn't have to mean expensively) attending lectures, concerts, the opera, art exhibits, etc. I definitely see women like this all over the place in New York City. One wonders where in the US the author was from that she seems unaware of this--the text on pages 221-222 would make you think that French women are unique in attending the ballet, lectures, and foreign movies. Women who age well can be found all over the world. In fact, my role model for aging well is a German woman whom I met in Munich in 1984 when she was about 47 and I was 28. I lived with her while attending the Goethe Institut. She was engaged, artistic, chic, well-read ... and all this was done as a divorced single mother on a social worker's salary. At age 75, she is still the same. She is one of the most influential people in my life. You don't need wads of money, expensive clothes and skin products (the author name-drops several pricey products and clothing lines throughout the book) to age gracefully and with class ... and you certainly don't need to be French. I \*greatly\* admire the French emphasis on living well with aplomb but books like this one perpetuate the idea that this can only be done in Paris, and not just in Paris, but only in certain arrondissements. If 'Forever Chic' inspires women to take better care of themselves, that's all to the good. Read it for the good advice on self-care--read it especially for the idea that you are worth the time and effort--but don't think for a minute that it can't be done, and isn't being done, right here in the USA, and elsewhere.

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