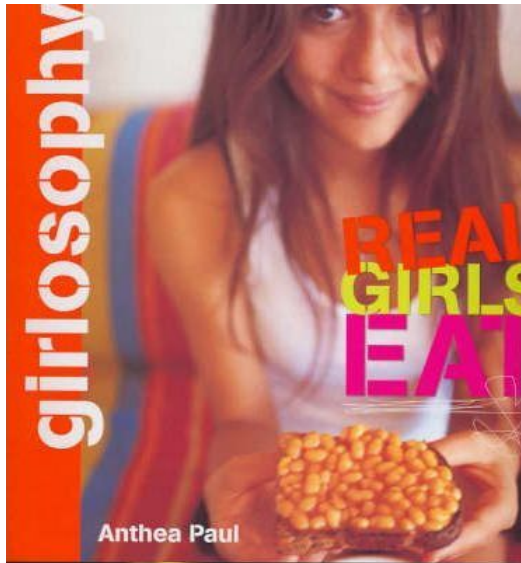


Girlosophy - Real Girls Eat: Real Girls Real Food Full Book



Details:

Author: *Anthea Paul*

For ages: *12-17*

Format: *200 pages*

Dimensions: *226.1 x 228.6mm*

Publication date: *01 Apr 2006*

Publisher: *Allen & Unwin*

Release location: *Sydney, Australia*

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Plot:

This is NOT a diet book. Because let's face it, diets suck. Real Girls Eat is a celebration of food. After all, isn't it time we stopped obsessing about what we shouldn't eat and indulged in what we should? Food, like life, is to be enjoyed! Join Anthea Paul and rediscover the pleasure of eating in a way that unites body and soul and lets you live life to the full. Lushly designed in full-colour, Real Girls Eat is loaded with recipes from Anthea's sister, a California-based celebrity chef, along with fun ideas about preparing and sharing meals and indulging the senses. All are simple, healthy and delicious and all will ensure you take maximum pleasure from the nutrients you eat. Including: * hundreds of health and cooking tips * over 60 easy, step-by-step recipes * around the clock cooking for girls on the go * an up-to-the minute look at the food industry * some very sensible information on body image and eating habits * food travel tips * and real girls from around the world ranging in ages from 13 up to their mid-20s cooking up their fave foods. Real Girls Eat is a holistic approach to loving, accepting, nurturing and feeding your body.

Additional Information:

Review quote

[Click here to read a teacher's review of this book.](#)

About Anthea Paul

Anthea Paul is the author of the bestselling and award-winning girlosophy series of books. She has worked internationally as a stylist, trend forecaster, photo editor, art director and creative director in the fashion, design and publishing industries. A contributor to Big Night Out and Kids Night In, Anthea is also the co-author of 21st Century Goddess, with Jessica Adams and Jelena Glisic. Anthea sponsors a group of young women in Margaret River, Australia and Oahu, Hawaii, and is a proud supporter of The Tibetan Friendship Group, Warchild International and Reachout.

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