

# Mireille Guiliano

## Quotes

*French Woman, People, France, Shoes, Bread, Moving, Wine, Clothes,  
America, Flavor, Turns, Live Life, Oxygen, Firsts, Believe, Jobs, Memories,  
Gold, Dream, Flower*

Intelligence, knowledge or experience are important and might get you a job, but strong communication skills are what will get you promoted.

~Mireille Guiliano

Taking care of your mental and physical health is just as important as any career move or responsibility.

~Mireille Guiliano

In America, you look at food as bad and guilty. In France, we love food and we enjoy food; food is pleasure.

~Mireille Guiliano

I would advocate that chocolate be covered by health insurance, but that is admittedly a very French public policy perspective.

~Mireille Guiliano

In the U.S., too many yogurts are filled with corn syrup, preservatives, artificial this and that. To me, this is poison.

~Mireille Guiliano

French women love bread and would never consider a life without carbs.

~Mireille Guiliano

French women typically think about good things to eat. American women typically worry about bad things to eat.

~Mireille Guiliano

When I grew up in France, I was a normal size. And then I came to the United States and I gained 20 pounds.

~Mireille Guiliano

Once you have to start counting calories, it takes away from the joy of eating.

~Mireille Guiliano

Making choices that are meaningful to you is the essence of the French woman's secret.

~Mireille Guiliano

One does not laugh because one is happy; one is happy because one laughs.

~Mireille Guiliano

Just as established products and brands need updating to stay alive and vibrant, you periodically need to refresh or reinvent yourself.

~Mireille Guiliano

We women are so judged by the way we dress, and men are not. So style is part of developing your own brand.

~Mireille Guiliano

I can never leave a bookstore without buying a book. I read four or five at a time.

~Mireille Guiliano

I've never been ambitious.

~Mireille Guiliano

Being and working in America, it's very important to work hard, work smart and work in a certain way. France and Europe has, with the tradition and culture, it's slow-moving and it's not always good.

~Mireille Guiliano

I find it so unattractive when women wear sneakers with their business suits. I wear a nice pair of loafers or low-heeled pumps, and that's that.

~Mireille Guiliano

You and I don't have the same genetics, we don't live in the same places, but we can have the same basic attitude - being comfortable in our skin.

~Mireille Guiliano

French women don't have too many clothes - a few good pieces that last for a while and are classic and timeless.

~Mireille Guiliano

French women don't eat Wonder Bread.

~Mireille Guiliano

I cannot live without flowers everywhere. I grew up having a big garden, the size of a city block, in Rombas.

~Mireille Guiliano

Of course there are fat French women. There are fat people everywhere.

~Mireille Guiliano

French women eat and serve what's in season, for maximum flavor and value, and know availability does not equal quality.

~Mireille Guiliano

Give us being and feeling over having any day.

~Mireille Guiliano

We only have one body, and you have to show respect for it.

~Mireille Guiliano

With technology, there is so much isolation with people now, that there are very few places where you can connect.

~Mireille Guiliano

Since the pleasure of most foods is in the first few bites, eat one thing on your plate at a time, at least at the start of the meal when you can concentrate and enjoy the full flavors.

~Mireille Guiliano

People are unhappy when they are on diets, because it's 'don't do this, don't do that, do this, do that.

~Mireille Guiliano

Learn to say no, with an eye to saying yes to something else.

~Mireille Guiliano

My friends say everything I touch turns to gold. I'll say, 'I've been very lucky.

~Mireille Guiliano

I am a believer in change peu a` peu (little by little) since drastic changes, including lots of changes made all at once, are often the sort of modifications that don't stick.

~Mireille Guiliano

Expensive clothes with inappropriate or inexpensive shoes may send an unflattering message.

~Mireille Guiliano

If you believe you can shed pounds quickly by force of will and deprivation, you will in all likelihood not only regain the ones you lost, but add a few more besides.

~Mireille Guiliano

I'm not a great consumer. I always ask myself, 'Do I really need that piece?' I have friends who have 300 pairs of shoes; how would you leave the house in the morning?

~Mireille Guiliano

There is no lasting glory in rapid weight loss.

~Mireille Guiliano

Once a day, take some 'Beach Time.'

~Mireille Guiliano

Nothing but beauty and douceur

~Mireille Guiliano

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