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Eat Yourself Slim: The World's Best Method to Lose Weight and Stay Slim [Michel Montignac] on Amazon.com. *FREE* shipping on qualifying offers. Since launching his first book in 1986, he remains one of the foremost experts on the glycemic index. Over the last years If you are looking to dine and look like the French, I highly recommend Michel Montignac's The French Diet over the greatly hyped French Women Don't Get Fat by Mireille Guiliano.