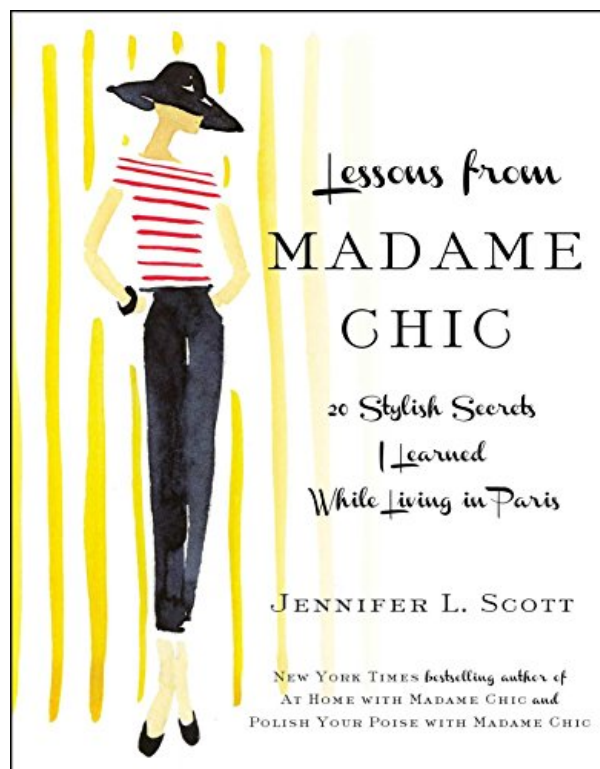
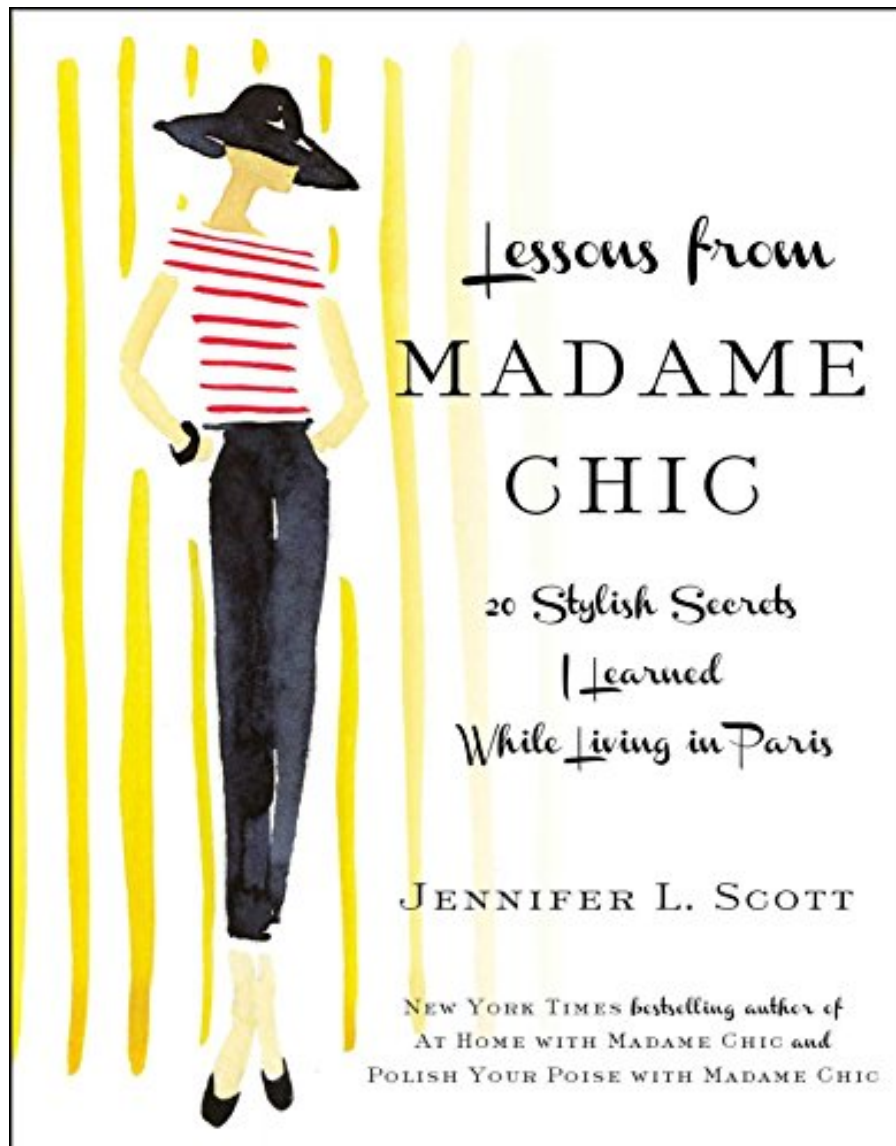


LESSONS FROM MADAME CHIC: 20 STYLISH SECRETS I LEARNED WHILE LIVING IN PARIS BY JENNIFER L. SCOTT



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Inspired by Paris, this lighthearted and deceptively wise contemporary memoir serves as a guidebook for women on the path to adulthood, sophistication, and style. Jennifer Scott's self-published success is now a beautifully packaged and fully illustrated gift book, perfect for any woman looking to lead a more fulfilling, passionate, and artful life.

Paris may be the City of Light, but for many it is also the City of Transformation. When Jennifer Scott arrived in Paris as an exchange student from California, she had little idea she would become an avid fan of French fashion, lifestyle, and sophistication. Used to a casual life back home, in Paris she was hosted by a woman she calls "Madame Chic," mistress of a grand apartment in the Sixteenth Arrondissement.

Madame Chic mentors Jennifer in the art of living, with elegance and an impeccably French less-is-more philosophy. Three-course meals prepared by the well-dressed Madame Chic (her neat clothes covered by an apron, of course) lure Jennifer from her usual habit of frequent snacks, junk food, sweatpants, and TV.

Additional time spent with "Madame Bohemienne," a charming single mother who passionately embraces Parisian *joie de vivre*, introduces readers to another facet of behind-closed-doors Parisian life.

While Francophiles will appreciate this memoir of a young woman's adventure abroad, others who may not know much about France will thrill to the surprisingly do-able (yet chic!) hair and makeup lessons, plus tips on how to create a capsule wardrobe with just ten useful core pieces.

Each chapter of *Lessons from Madame Chic* reveals the valuable secrets Jennifer learned while under Madame Chic's tutelage—tips you can master no matter where you live or the size of your budget.

Embracing the classically French aesthetic of quality over quantity, aspiring Parisiennes will learn the art of eating (deprive yourself not; snacking is not chic), fashion (buy the best you can afford), grooming (le no-makeup look), among other tips.

From entertaining to decor, you will gain insights on how to cultivate old-fashioned sophistication while living an active, modern life. *Lessons from Madame Chic* is the essential handbook for a woman that wants to look good, live well, and enjoy that Parisian *je ne sais quoi* in her own arrondissement.

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Features

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Most helpful customer reviews

208 of 219 people found the following review helpful.

J'adore!

By The Simply Luxurious Life

Jennifer L. Scott's *Lessons from Madame Chic* is certainly a must-have for Francophiles, but it is also a wonderful resource for anyone who wishes to cultivate a more simply luxurious way of living. Through beautiful narrations, Madame Chic's lessons are shared in three different parts on the subjects of Diet & Exercise, Style and Beauty, and lastly, How to Live Well.

Based on Scott's time as a foreign exchange student in Paris as a young woman, she is now a mother of two young daughters, happily married and living in southern California, so she converses with her readers from a relatable platform. Immediately upon reading it again, I was reminded of another author who shares her insights and tips on living well with inspiration from the French - Mireille Guiliano. Scott's tips are weaved skillfully into her experiences and time with Madame Chic and her Parisian family, so much so that you feel you are having a conversation with a trusted, yet wiser girlfriend.

And the beauty of discovering her book was that it didn't have to end once I finished reading it. As the founder of the blog *The Daily Connoisseur*, readers are able to enjoy a regular dose of inspiration and YouTube video instructions on how to continually integrate the fine art of French living into their every day lives.

The re-released edition of *Lessons from Madame Chic* (279 pages) contains the same content I initially raved about in my review in April, but is now adequately accessorized with illustrations found throughout the entire book from the talented artist and designer Virginia Johnson.

Filled with specific advice, anecdotes and descriptions of Madame Chic and Madame Chic's entire Parisian family, Scott shares ways to live a fulfilling life that are not only simple, but help to create a luxurious life that is rich and focused on what most all of us seem to want to put at the top of our priority list - healthy relationships, good health and the ability to be our best selves.

As I was reading I found myself underlining a sentence or two on nearly every page that I didn't want to forget, and after going back over these annotations I realized that the lesson of living formally doesn't have to take the beauty or the spontaneity out of living, but in fact it can enhance it. By showing respect to the life we've been given and then continue to create for ourselves we consciously make it all the more enjoyable.

Below are a few ideas for welcoming in a bit more formality and at the same time simplicity that I especially took favor too. Have a look:

1. Play classical music throughout your home

If you don't have any Bach cds laying around the house, simply go to Pandora on your computer, iPad or iPhone and search classical symphonic music, and it will create a radio station for you for free.

2. Eliminate snacking

Each meal that you sit down for is an opportunity to eat well. Scott explains how dinner in Paris with Madame Chic's family always included at least three, sometimes four, courses and one was always a cheese platter, yet still her host family was slender because when they ate it was mindful.

3. Create rituals to look forward to

Maybe every Saturday morning you wake up and stroll down to your favorite coffee shop for a tasty treat and chat with a good friend, or you play checkers with your son every Sunday evening in front of the fire or

perhaps you take a bubble bath and savor a glass of wine after Monday has wrapped up. Take time to discover the activities that you enjoy doing either alone or with those you love and make them regular occurrences that are something to look forward to.

4. Wear luxurious lingerie

The mistake that seems to be perpetuated regarding lingerie is that it is worn for someone else. This is not entirely correct. In fact, a woman should wear beautiful, high-quality lingerie for herself. Simply knowing you are keeping something to yourself and at the same time have treated yourself to something luxuriously wonderful is certain to raise your confidence at least a smidge. While it will take time to build your lingerie wardrobe, know that you are worth investing in.

294 of 334 people found the following review helpful.

Unintentional Commentary on US Lifestyle

By Khezla Durr

I enjoyed this book tremendously and found the chapters on skin care and makeup especially interesting to me personally. The author comes across as honest and candid about her feelings regarding her experience with French culture. Several things she says have also been discussed in Mireille Giuliano's books, so there is consistency.

However, I could not help but think about how much easier it would be for Americans to have a better work-life balance if so many people I know didn't have to work overloaded jobs at 50 and 60 hours a week to keep from getting laid off, plus deal with 2-hour daily commutes, and bosses who complain vigorously if a person leaves one's desk for anything more than a trip to the restroom or the company microwave to warm a frozen lunch, never mind a refreshing lunchtime walk. This is why we have gyms and home exercise videos, to replace what the French people get naturally in the course of a day's business. Also, it would be easy to turn out beautiful, gourmet meals and have an uncluttered house if the working women I know only had to work part-time like the lady of the house for the French host family of the author. The habit of the Frenchmen to pick up after themselves is a big help to the uncluttered look of a house, as well. How gallant of them.

The big secret of the French weight control seems to be lots and lots of walking and stair climbing. We're just not set up for that. Things here are laid out in a spacious manner conducive to driving and many, many areas, both commercial and residential, are too dangerous to walk in, whether because of pit bulls, no sidewalks, or demographics. The neighborhoods compact enough to walk in for any food marketing are generally older, and simply not safe. These are also the areas being referred to now as "food deserts".

I have just read that French workers receive 30 mandated vacation days per year, plus 10 holidays. When was the last time the majority of U.S. workers you know took any more than a total of 10 business days in a year's time -- and maybe not even that if there have been layoffs in the company, so now extra work is piled on an already overloaded job.

A wonderful book about the French lifestyle, and a sad commentary on ours.

148 of 175 people found the following review helpful.

Primer for an elegant lifestyle

By SwissMiss

I just bought the Kindle version of this book over the weekend. It is a short read, and I skimmed over the last half of it. I enjoyed the concept, and I'm thoroughly impressed that this book began as a self-published title. It has received a lot of reviews and acknowledgment (an article on CNN.com!). I have also lived in Western Europe as an exchange student to Switzerland, and I wanted to see if Ms. Scott's observations/experiences

were similar at all to mine.

Overall, this book is a good primer for those looking to bring refinement and simplicity to their lives. I agreed with many precepts and already utilize nearly all of her tips in my own life. Thus, I did not necessarily learn anything new from this book. However, for someone who has not traveled much or someone who wishes to give a book to someone looking for a more European/upscale lifestyle this book has much to offer.

For some however, this book may not resonate due to the banal advice. The grammatical errors and the colloquialisms detracted from Ms. Scott's overarching messages of elegance, grace, and formality as well. For instance, in the Kindle version, the word "tenant" is used when describing a Parisian lifestyle approach. From the sentence context, "tenet" would have been the correct word choice. These kinds of oversights can be easily forgiven when someone understands the spirit of the book. However, to me and other bibliophiles, this kind of mistake might be distracting. This is not to criticize Ms. Scott's efforts to make seemingly difficult lifestyle changes accessible; rather it is merely a comment or warning for readers who might be looking for sophisticated French cultural commentary or analysis.

On the whole, I enjoyed this book, and I have started reading Ms. Scott's blog *The Daily Connoisseur* as a result.

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